

Opening Hours

Resource Centre

Monday to Friday

9am to 6pm

Breffni Childcare

Monday to Friday

8am to 6pm



Directions

From Main Street, Carrick-on-Shannon please follow the signposts for Breffni Family Resource Centre located opposite Murtagh's Bar.

We are approximately a 5 minute walk from Main Street, Carrick-on-Shannon.



Contact Information

Telephone: 071-9622566
Email: reception@breffnifrc.ie
info@breffnifrc.ie
Website: www.breffnifrc.ie
Facebook: facebook.com/breffnifrc
Twitter: @breffnifrc
Charity No: 14070 Company Registered in Ireland No: 344649



Breffni Family Resource Centre



Breffni Crescent
Carrick-on-Shannon
Co. Leitrim
071 9622566
www.breffnifrc.ie

Wellbeing

Pottery Painting Workshop

Pottery Painting Workshop Wednesday 16th October from 11:00am—12:30pm. This workshop will be facilitated by Mo from Hullabaloo. **Cost: €10**

Breffni Men's Group

Breffni Men's Group meet every Tuesday at Breffni FRC from 11am—1pm.

Oasis Breffni Women's Shed

OASIS Breffni Women's Shed is a social and activity group for women of all ages. Varied workshops throughout the year.

Corryeolous Women's Group

The group's main activities are health and education courses and workshops aimed at integrating women of all ages throughout the community.

Saol Nua

Saol Nua is a Social Group for adults with varied needs and abilities. They meet every Wednesday from 12—1.30pm. Varied workshops throughout the year.

(Check out our website www.breffnifrc.ie to see what's coming up for all our groups)

Adult Games Group

Adult Games Group meet every Wednesday at Breffni FRC from 10am-12pm. Meet new friends and enjoy the fun.

Chair Yoga - Corryeolous Women's Group

with Sinead Griffin Campbell - Six week course from 10am - 11:00am. **Cost: €40**

MSLETB Adult Art Classes

with Noreen Gaffney. Every Tuesday from 11am - 1pm. Discover your artistic side for the first time or improve existing skills in a relaxed and encouraging atmosphere. Funded by MSLETB

Healthy Living & Exercise

Every Wednesday at Breffni FRC from 1.10pm - 1.50pm.

QQI Level 4 MSLETB Growing Vegetables

Every Monday at Breffni FRC from 10am—2pm. For more info please call Seamus Scott on 087 916 8087. **Cost: FREE**

Basic Irish Conversational Classes

Every Tuesday evening from 7pm - 8pm. Six weeks. **Cost: €20**

Easter Mindfulness Yoga Workshop

For kids 4-12 years on Saturday 12th April from 3.45-6pm at Breffni FRC. Please contact Jelena on 0833052097 or email: info@theyesowl.com

Family Gardening Course Easter Camp

Easter Camp for children accompanied by an adult. 14th -17th April from 10am-2pm. For more information email: familylearning@msletb.ie or phone 087 1984222.

Creative Mindfulness & Yoga Classes

For children aged 4 -12yrs. 4 Week term commencing at Breffni FRC on 9th April from 6.20-7.20pm. Contact Jelena on 0833052907.

Support Groups

AA

Twelve Step Program. AA weekly support group meet every Tuesday, Thursday from 8pm and Sunday from 12pm at Breffni FRC.

Alanon

Alanon weekly support group meet every Wednesday evening at Breffni FRC from 8pm.

GROW

Grow is a community of people drawn together by first hand experiences of mental health challenges. Meet every Wednesday at Breffni FRC from 11:00am—12:30pm. For more information contact Marie Gilligan (Area Coordinator Northwest) 086 851 6939 or email: mariegilligan@grow.ie

FOCUS Ireland

Focus Ireland offers advice and information service i.e Housing advice, social welfare etc. For more information please email: help@focusireland.ie.

Memory Café

Leitrim Memory Café is a safe and relaxed space where people with dementia, Alzheimer's or confusion and their families can come together with carers, volunteers and healthcare professionals. This group meet the last Tuesday of every month in Café Paradiso in Carrick Cineplex from 11am—1pm.

Groups who meet at Breffni FRC

Christian Meditation

This Group meet every Wednesday evening from 7.30pm—9.30pm. For more info. contact Ann on 086 353 7758.

ICA

Monthly meetings at Breffni FRC. Meet the first Tuesday of every month @ 8pm.

Townspark Residents Association

The Residents Association proactively manage the progress and development of the area, with particular emphasis on Estate Management, Community Development and Fundraising. This group meet at Breffni FRC on a regular basis.

Support Services

Social Prescribing

The aim of Social Prescribing is to connect people with community groups, organisations and statutory services for practical and emotional support via the support of a Link Worker with the overall purpose of improving health and wellbeing. For more information please call Sarah Carey on 086 066 3789 or email: sarah.breffnifrc@gmail.com

Counselling & Therapy Services

Breffni FRC offers counselling and support to families and children. All enquiries can be made in the strictest of confidence to Tricia Maye (Project Coordinator) on 071 9622566.

Family Supports

Family Support Drop In Clinic

Family Support Drop In Clinic every Wednesday morning from 10am—12pm. No appointment necessary. Supported by DVAS once a month.

Breffni Youth Café

Youth worker offers a variety of youth services to the community as well as operating seasonal camps. For more information call Mandie on 083 129 2741.

Rainbows

We are not taking expressions of interest in The Rainbows Ireland Support Services. If you or someone you know is interested or would like more information, please contact Mandie on 083 1292741 or email: breffnirainbows@gmail.com.

Baby & Toddler Group

Come along and join our Baby & Toddler Group on Thursday morning from 11am - 1pm. We are a local support group for parents and carers that encourages friendships, peer support and learning for both children and adults in a relaxed environment. Refreshments provided.

Senior Alert Scheme

The Seniors Alert Scheme (SAS) is a scheme to support eligible people aged 65 years or older to get a monitored personal alarm. The Scheme is funded by the Department of Rural and Community Development and administered by Pobal. For more info give Sinead a call on 071 9622566.

Alzheimer's Tea Day

Support those affected by Alzheimer's or Dementia and come along to our Coffee Morning Thursday 1st May from 11am-1pm.

Autism Support Group

Autism Support Group for parents meet at Breffni FRC the second Thursday of every month from 11.30am. Get help and advice and meet other families.

Circle of Security Parenting Course

Commencing at Breffni FRC Wednesday, 7th May from 10am - 12pm. This six week course is FREE and is open to all parents/guardians with a child aged 4months to 6years old. For more information please contact Sinead on 086 771 3782 or Belinda on 086 0475342

FEAD - Food Packs

Bi-monthly Food distribution for low income families. Register for this scheme through the centre by calling 071-9622566.

Period Poverty

FREE Sanitary Products are available at Breffni FRC to anyone who needs them. Just call into Breffni FRC and ask for your bag. This Scheme is funded by Healthy Leitrim.