

## Honeybears Community Childcare

- Part-time and full-time
- For children aged 2+
- ECCE; Free Pre-School Year
- Open Monday to Friday all year

Contact person: Cathriona McCarthy,  
01-623 0264, honeybears@quarryvalefrc.ie

## Therapy and Counselling Service

- For children and adults
- Bereavement counselling
- Relationship counselling
- Couples are welcome
- Low cost

Contact person: Karin Jonsson  
01-626 9151, manager@quarryvalefrc.ie

## Family Advice and Support

Advice on supports for you as a parent or carer and for your child is available from Peter O'Neill, Community Worker with Tusla.

For an appointment contact Peter directly on 087-296 0125, or call us in the centre.

## CoderDojo

Interested in coding and robotics? If you are aged 6-12 then contact us about getting involved in our weekly group.

Call the Community & Leisure Centre on 01-623 3417 for more information.



<https://www.facebook.com/quarryvale>

Quarryvale Family Resource Centre provides a welcoming and safe space where the community can access quality supports and services for the whole family.

We work to create opportunities for social inclusion and to challenge all forms of disadvantage, with a focus on strengthening the family.

## You can find us in two locations!

Courses, group activities and some support services are based in the Community & Leisure Centre in Greenfort Gardens.

Our admin and information service, Honeybears Community Childcare, and some support services are based at the shops in Shancastle Avenue.

**The cost of our courses**  
We are a not-for-profit registered charity and we rely on funding, fundraising and fees to run all our activities.

We strive to keep costs low. All courses require a minimum €10 advance deposit.



CHY 15317



# QUARRYVALE FAMILY RESOURCE CENTRE

Shancastle Avenue  
(at the shops)  
&

Community & Leisure Centre  
(Greenfort Gardens)

Call 01 6230264/01 6269151  
or email  
reception@quarryvalefrc.ie



## Autumn 2018

## Courses, workshops, activities and services

Hello and welcome to our activities and services.  
For more information, give us a call or just come by for a chat and a cuppa!

To book any course or to join any group, call Ger on 623 0264. Places are limited, so don't wait!

### Monday

#### Women's Group

**Mondays 11am-1pm €2/session**

Feel free to drop in any Monday and join our lovely local ladies for a morning of knitting and crocheting. We share ideas and learn new skills in a relaxed and fun environment.

#### Healthy Eating

**Starts 17th Sep 09.30-12 Noon €15**

This practical but fun 6-week course will help you to eat healthier on a budget. Topics include, Focus on Fats, Food for Life and Shop Smart. The course is run by the Healthy Living House.

### Tuesday

#### Over 55's Group

**Tuesdays 10am-12noon €2/session**

Our Over 55 group meet weekly to socialise and enjoy different types of interesting and enjoyable activities, including, walks, talks, arts and crafts, and lots of laughter.

#### Laughter Yoga

**Starts 18th Sep 11-12noon €3/session**

This once a month course is a fun effortless workout with an excellent facilitator. You will discover your inner child and soon realise that laughter really is the best medicine.

### Wednesday

#### "Little Rascals", Quarryvale's Parent/Carer & Toddler Group

**Wednesdays 9.30-11am €2/family**

Bring your babies and toddlers and come and play together! We finish every morning with a chat, and finish with drinks and snacks.

#### Mindfulness

**Starts 19th Sep 10.30-11.30am €20**

This 8-week course will learn a range of techniques to help reduce feelings of stress, improve sleep, allow for more enjoyment in life and increase your general well-being.

#### Get Fit Programme

**Starts 26th Sep 10.45-11.45am €15**

This 5-week programme of ballroom dancing steps, without a partner, will help you to get in shape and feel good. It's fitness, but it's fun.

#### Women's Community Choir

**Starts 17th Oct 6.30-7.30pm €15**

Voice of an angel or just a keen amateur? Then why not join our new choir and meet a fantastic group of like-minded, enthusiastic women.

### Thursday

#### Positive Family Communication

**Starts 13th Sep 10.00-12 Noon €5**

This 7-week course will help parents learn techniques to communicate better with their teenager, deal with conflict, and cope with everyday family life.

### Arts & Crafts

**Starts 20th Sep 10am-12noon €3/class**

This weekly drop in in Arts & Crafts course will teach you all the little secrets to making everyday abandoned objects both useful and beautiful. Every week will have a new theme.

#### Getting Started with Yoga

**Starts 20th Sep 10-11am €20**

This 7-week course will focus on teaching a slow-paced, well-supported and relaxing practice which will help you get in shape.

### Friday

#### Adult Literacy

**Starts 14th Sep 9.15-11.15am Free**

This course will help improve your reading, writing and spelling, which will help build confidence and open up a whole new world of possibilities.

#### Fit for Life

**Starts 21st Sep 10am-12noon €15**

If you would like to know more about easy ways to improve your health and simple changes you can make to help prevent cancer, then this 5-week course is for you. Designed by the Irish Cancer Society.

#### Walking Group

**Starts 14th Sep 11.15am-12.15pm Free**

You can learn how to make the most of your walk by joining our indoor walking group every Friday with Michelle our fun and friendly coach.