



Autumn 2018 UPDATE

Welcome to our Autumn 2018 news letter. This term the Centre is working on getting our new website up and running, starting new adult education classes and kids groups. We continue to provide our wide range of services such as after school and breakfast club as well as counselling and play therapy. The centre is a resource for all members of the community and families in the area so feel free to call into the Centre anytime, we are here to help. Check out our Facebook page and keep an eye on the Ballyheigue notes in the Outlook magazine for up to date information on what is going on from week to week. If there are any groups or classes that you feel the centre could provide please give us a call and let us know.

Our door is always open and we would love to welcome you to our Family Resource Centre.

Transition Group

Our 6th Class transition group takes place every Wednesday from 6.00– 7.30pm at our youth space facility.

Children's After school Activities

Basketball in association with Tralee Tigers Basketball Club takes place every Wednesday at the Community Centre at 3.45-4.45pm for 5-9 year olds and 4.45-5.45 pm for 10-12 year olds.

Brownies Monday 6.30-8pm

Girl Guides Tuesday at our Youth Space facility at 6.30-8pm

Lady Birds Thursday at 7.15-8.15 at the FRC

Futsal Friday Futsal 3.45-4.45 pm for 5– 9 year olds 4.45-5.45 for 10-12 year olds



A digital photography class takes place every Tuesday 7-9pm . To book a future class please contact Ciara on 087 2264626



DigiWiz

Midterm Digi Wiz camps

DigiWiz STEAM workshops aim to enhance young people's critical thinking, creativity and social skills through the use of STEAM projects. The workshops offer an insight into what is involved within STEAM fields so young people get a first-hand view of what future careers may entail. By getting this insight, it gets young people thinking about which paths they may like to take when deciding on future careers. Tuesday 30th Oct fully booked, limited places left for Wed 31st 10am –1pm .To book a place please contact Declan directly on 087 7625905 or 066 7116812.

Christmas Cookery Class

Kate will demonstrate affordable recipes with a Christmas themed menu. The cost is €10 per night. Tea coffee and scones will be served each night and the food that is prepared on the night will also be eaten. For more information or to book a place please ring or text Kate on 087 6284279



Parent and Toddler Group

The FRC Parent and Toddler group meets every Thursday morning at 10.30. This group allows the toddlers to paint, play and learn to socialise with other children and as such is a great preparation for playschool. We also have an outdoor area so that the children can play outside when the weather allows. This is a fun informal group that allows carers a chance to meet, chat and have a cuppa. New members are always welcome, for more information please contact Marion on 0667116961

The Family Resource Centre offers a broad range of other services including: Family Support, Money Advice (MABS) Education/Career Advice and Adult Literacy etc.

For any other information please feel free to contact us
0667116961

JOB SEEKING SUPPORTS

Call in for advice and support in job seeking
We'll help you with your CV, cover letter and interview techniques.

INTERNET, PRINTING, FAXING & SCANNING SERVICE

Open Monday to Friday from 9.30am to 6pm.

Courses for Adults Autumn 2018

Desktop Publishing

This is a QQI level 3 accredited course. The course is fun and creative and creates various publications such as curriculum vitae, advertising material etc. Learners would be expected to have basic computer knowledge such as opening and closing programmes and printing and saving of files.

Basic First Aid

This course is suitable for anyone who is interested in updating or learning basic first aid skills.

Project Maths

Project maths is designed to help parents understand maths at Leaving Cert and Junior Cert level. If we receive sufficient interest we will run this course here at the Centre.

Maths Grinds

We are running maths grinds for both Leaving Cert and Junior Cert students. **For more information on this class or any of the classes mentioned above please contact the Centre on 0667116961**

Play Therapy and Counselling

The play therapy offered at the Centre is a non-directive play session used to address issues such as: emotional and behavioural problems, communication skills, improving play and social skills, enhancing child/parent interaction.

We also offer low cost counselling. To make an appointment call Seamus in confidence on 087 6412514



Childrens Art Class

We have started a new Thursday afternoon art class suitable for 5 –12 year olds. The class takes place from 4 to 5pm. To book a place for future classes call the Centre on 066 7116961.

Breakfast Club

The FRC Breakfast Club is open every school day. This is an affordable, safe childcare option open to school going children. There is a local bus service available to collect children and take them to school and nutritious food is provided as well as fun activities. To inquire about places in the Breakfast Club please contact the Centre.

