

## Welcome to Honeybears!

We are a one-room Early Years' Service open all year around where children from the age of two come to play and learn together.

We offer morning and afternoon sessions, both the National Childcare Scheme and ECCE – The Free Pre-School Year.

**To find out more and to register your child please call 01-623 0264.**

## Therapy and Counselling Services

- Counselling/Psychotherapy for adults.
- Art Therapy for young people and adults.

**Please call 01-623 0264 for the above.**

- Play Therapy for children.
- TheraPlay for parent/carer and child.
- Gambling Addiction Therapy for adults.

**Please call 01-626 9151 for the above.**

## Food Banks

The Clondalkin Cares and 4 Districts Food Banks are there for anyone experiencing food poverty for any reason.

**Please email [admin@quarryvalefrc.ie](mailto:admin@quarryvalefrc.ie) for more information, or call 01-626 9151 to make an appointment for registration.**

## safeTALK

### Suicide Awareness for Everyone

We are organising several free half-day training workshops in various locations.

**To find out more and to register your interest, please call 01-626 9151 or email [manager@quarryvalefrc.ie](mailto:manager@quarryvalefrc.ie)**

**Quarryvale FRC provides  
a welcoming and safe space  
where the community can access  
quality activities, supports and services  
for all ages.**

**The centre works to create  
opportunities for social inclusion  
and to challenge  
all forms of disadvantage.**

### **Family Resource Centre Programme**

This national programme of over 100 FRCs is core funded by Tusla. Its principal objectives are to combat disadvantage and to strengthen and empower children, families and communities to achieve the best possible outcomes in life. FRCs involve local communities in addressing current issues and create meaningful partnerships for social change between voluntary and statutory agencies.

### **Family Resource Centre National Forum**

The FRC National Forum is the national representative body of all FRCs. Its vision is:  
*That all children, families and communities will actively participate and be included in a society that is free from prejudice, inequality, discrimination and exclusion, and that will contribute to their greatest possible well-being.*

**For all referrals to programmes and services in Quarryvale FRC please call 01-626 9151 or email [manager@quarryvalefrc.ie](mailto:manager@quarryvalefrc.ie)**

# QUARRYVALE FAMILY RESOURCE CENTRE



Shancastle Avenue  
01-623 0264

Greenfort Gardens  
01-626 9151

[info@quarryvalefrc.ie](mailto:info@quarryvalefrc.ie)

[facebook.com/quarryvalefrc/](https://facebook.com/quarryvalefrc/)

WINTER/SPRING 2023



Registered Charity CHY15317

## MONDAYS

### Cool Dudes: Cooking for Children aged 7-12 and parents

3 p.m.-5 p.m. €30

5 weeks starting January/February and 5 weeks starting April/May

All Cool Dudes can cook! This is a hands-on programme where we learn to cook new, delicious and (mainly) healthy things.

## TUESDAYS

### We Can Do It!

#### Support Programme for 8-10 yo

2.45 p.m.-4 p.m. €40

8 weeks starting January/February and April/May

Supporting children struggling with fine motor skills and eye-hand coordination. Parents/carers will also be resourced

## WEDNESDAYS

### Baby & Toddler Group

10 a.m.-11.30 a.m. €3/session

Starting January

Come and play and make new friends! Everyone is welcome to join in the fun.

### Infant Massage

#### for Mum/Dad and Baby

10 a.m.-11.30 a.m. €25

Five weeks starting January/February  
More programmes to follow later

A simple way to nurture touch, promote positive bonding and support physical and mental well-being for baby and parent.

### Massage Programme for Children with Special Needs

3.30 p.m.-4.30 p.m. €30

Six weeks starting March/April

A programme for children with special needs aged 3-7 and their mum or dad.

**To find out more  
and to register for all  
programmes and activities  
please call 01-626 9151.**

## THURSDAYS

### Healthy Food Made Easy

10 a.m.-12.30 p.m. €30

6 weeks, date tbc

Cook delicious food and nutritious food on a budget. Cook book is included!

### Gentle Yoga for Everyone

10 a.m.-11 a.m. €50

10 weeks starting January

10 weeks starting April

Yoga helps to improved balance, agility posture and general well-being. Everyone participates according to their own ability.

### Chair Yoga

Late morning or early afternoon €25

5 weeks starting January/February

Yoga with all the benefits but no need to get down on the floor! We will do some yoga sitting down and some standing up using the chair for support. We will add more weeks if there is enough interest.

### Wheelchair Yoga

Late morning or early afternoon €25

5 weeks starting January/February

Gentle yoga bringing a sense of well-being for those of us who use a wheelchair. More weeks to follow if we get enough interest.

### Butterflies and Volcanoes

#### Support Programme for 8-10 yo

2.45 p.m.-4 p.m. €35

8 weeks starting January/February

Supports children who struggle with anxiety and emotional and behavioural regulation. Parents/carers will also be resourced.

### Butterflies and Volcanoes

#### Support Programme for 6<sup>th</sup> class

2.45 p.m.-4 p.m. €40

8 weeks starting May

Programme for children who are especially anxious about starting secondary school.

**Please note days, dates  
and times may change.**

## FRIDAYS

### Macramé

10 a.m.-12 noon €30

Six weeks starting January

Come and try out this different craft form where we use knots and plaits to create items from cord. All materials are included.

### Arts & Crafts

10 a.m.-11.30 a.m. €20

Four-week courses throughout the year

If you enjoy a bit of Arts & Crafts we hope you will join us! All materials are included.