



**QUARRYVALE FAMILY  
RESOURCE CENTRE**

# **BUTTERFLIES AND VOLCANOES**

**Support programme for  
8-10 year-olds**



**An 8-session programme for  
children who need extra  
support to deal with anxiety  
and emotional and  
behavioural regulation**



**Thursdays 2.45 p.m. to 4 p.m.**

**Starting the 9<sup>th</sup> of February**

**Cost: €40**

**We start with a healthy snack!**

**To find out more and to register please call 01-626 9151**

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

**Quarryvale FRC @ QCYC, Greenfort Gardens**



CHY15317