

Quarryvale  
Family  
Resource  
Centre



### **Personal Development**

Including complementary therapies  
6 weeks starting Tue 26<sup>th</sup> of April  
10 a.m. to 12.30 p.m.  
Cost for the full programme: €25

### **Gentle Yoga for Beginners**

All welcome, no experience needed  
8 weeks starting Thu 28<sup>th</sup> of April  
10 a.m. to 11 a.m.  
Cost for the full programme: €25



### **Yoga**

For those with some experience  
8 weeks starting Thu 28<sup>th</sup> of April  
11.30 a.m. to 12.30 p.m.  
Cost for the full programme: €25

### **Parenting When Separated**

For those preparing for, going through or  
have gone through separation  
6 weeks starting Thu 5<sup>th</sup> of May  
9.45 a.m. to 12.15 p.m.  
Cost for the full programme: €10

### **Baby Massage**

For new-borns to 6-month-olds  
with a parent/carer  
5 weeks starting Fri 6<sup>th</sup> of May  
10 a.m. to 11.30 a.m.  
Cost for the full programme: €10

### **Baby and Toddler Group**

For all infants, babies, toddlers and  
pre-schoolers and their parents/carers  
Every Wednesday morning  
10 a.m. to 11.30 a.m.  
Cost per family and session: €2

### **Fine Motor Skills**

After-school club for 1<sup>st</sup> to 3<sup>rd</sup> class  
8 weeks starting Wed 27<sup>th</sup> of April  
2.45 p.m. to 4.30 p.m.  
(starting with a healthy snack!)  
Cost for the full programme: €15

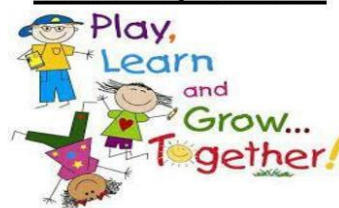
### **Coming up**

Please let us know if you are interested in  
any of the following:

- Arts & Crafts
- Cooking with my child
- Handicraft social group
- Tai Chi
- Yoga for kids

If you have suggestions for an activity or  
course please let us know!

### **Honeybears Community Childcare**



Subsidised play-based childcare from 2  
ECCE – the Free Pre-School Year  
AIM – Access and Inclusion Model  
supporting children with additional needs

### **Therapy/Counselling Service**

Trauma-Informed Psychotherapy: adults  
Art Therapy: older children, teens and adults  
Play Therapy: younger children  
Coming soon: Gambling Addiction Therapy  
for adults struggling with and/or affected by  
harmful problem gambling



### **For more information and to register please call:**

Greenfort Gardens tel: 01 626 9151  
Shancastle Avenue tel: 01 623 0264



**Photocopying service available in Shancastle**

Quarryvale FRC.Shancastle Avenue/Greenfort Gardens, Clondalkin, Dublin 22.

Tel: 01-623 0264/01-626 9151 [www.facebook.com/quarryvalefrc/](http://www.facebook.com/quarryvalefrc/)