

## Our Other Services

- Family Support: Meitheal /NVR Programme /Parenting Programmes
- CV and cover letter. By appointment. (LES Supported)
- Low-cost counselling.
- Referrals to other services.
- Photocopying.
- Access to a computer and the Internet by appointment.
- Affordable Room hire for community groups.

## Family Support

Drop-in family support clinic

**Tuesdays 10am-12pm or One to One by Appointment**

Our Family Support Worker provides crucial support to individuals and families who need help with life's stresses, such as:

- **Emotional Management / Stress Management**
- **Bereavement**
- **Depression**
- **Redundancy**
- **Marital Separation**
- **Illness**
- **Abuse**
- **Financial problems**
- **School avoidance**
- **Parents Plus**
- **Parenting & NVR Programmes**
- **Meitheal**
- **Referrals to other agencies**
- **Parenting Under Pressure**

Parents Under Pressure is a program designed to help parents who are experiencing high levels of stress when raising their children. The program aims to help families build solid relationships to make a firm foundation from which the family can thrive.



## Easter Camp

Our annual Easter Camp will be running again this year with trips and activities on the **26<sup>th</sup>, 27<sup>th</sup>, and 28<sup>th</sup> of March**. Spaces are limited so book early to avoid disappointment. **€65 per child**.



## Homework Club

There are places available in our Homework Club for Primary School children from 1st to 6th class. On arrival after school the children get a light snack, homework is supervised, and when the homework is completed, the children have time for activities such as arts, crafts, and games.

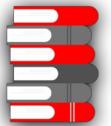
**Monday to Thursday, 2.45pm to 4.45pm, €25 per child per week**



## Grind Supports

Our grind supports cover a broad spectrum of the Irish education system and are demand led. They cover ordinary and higher levels. Tutors for subjects are sourced as required. Thanks to Capital Credit Union Dundrum for funding this programme.

**Monday to Thursday by appointment, €10 per grind**



## Low-Cost Counselling

Rosemount FRC currently offers several counselling options such as:

- **Gambling counselling.**
- **Choice of male or female psychotherapist.**
- **Bereavement counselling.**
- **Child counselling.**
- **Addiction / Grief / Trauma / Depression / Anxiety counselling.**



For further information please contact:

Rosemount Family Resource Centre Tel. No. **01-2166131**

Visit [www.rosemountfrc.ie](http://www.rosemountfrc.ie)

Follow us on:



Email: [frcrosemount@gmail.com](mailto:frcrosemount@gmail.com)

3 Waldemar Terrace, Main Street, Dundrum, Dublin 14

For more information, please contact Rosemount FRC at **01 216 6131** or email [frcrosemount@gmail.com](mailto:frcrosemount@gmail.com)

### Anxiety with Children

A child-friendly discussion about anxiety and how to cope with it.

**Mondays, €5 per session**

### Art Classes

Unleash your creative side and learn how to do acrylics and sketching in our art classes.

**Acrylics, Resuming Monday 15<sup>th</sup> January, 10am to 12pm,**

**€5 per class**

**Sketching, Resuming Thursday 18<sup>th</sup> January, 2pm to 4pm,**

**€5 per class**



### Computers

An informal class where you can learn what you want to learn about computers. Even if you have never turned on a computer, don't worry, our tutor will help you. The class also covers mobile phones, iPhones, and iPads.



**Fridays, 10.30am to 12.30pm, €4 per class, Ongoing**

### Chair Yoga



Ever thought of doing yoga but don't want to be getting down on the floor to do exercise? This class is designed to suit both young and old, and no matter what age you are, you are sure to feel the benefit after a few short weeks.

**Fridays, 10am to 11am AND 11.15am to 12.15pm, €5 per class, Resuming January 19<sup>th</sup>**

### Pilates

If you're looking to get fit in the new year, our Pilates class will help you in your mission.

**Date TBC**

### Tai Chi

The relaxing exercises of Tai Chi, for beginners as well as the experienced. Suitable for all ages.

**Mondays, 12.15pm to 1.15pm, €5 per class**

### Walking Club

Get your daily steps in while visiting some of Dublin's most beautiful walking spots and attractions.

**Wednesdays, Leaves Rosemount FRC 10am, Normally arrives back at 1pm for tea and coffee, €3 Donation, Ongoing**

### Craft Group

Some of the group do crafts, knitting and crochet, and others come along for a chat and a cup of tea or coffee. Everyone is welcome.

**Wednesday, 10am to 12pm, €4 per class, Ongoing**



### Healing With the Angels

Learn to heal and work with the angels.

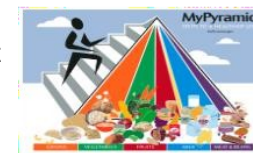
- Reiki Master Teacher
- IET Practitioner
- Savior's Fire Practitioner

**Tuesday, 10am to 12pm, €4 per class, Ongoing**

### Cookery Classes

These classes help you discover new ways of cooking, how to cook tasty nutritious meals on a budget. The best thing about this class is that it will tickle your taste buds, because participants get to eat the food they have cooked.

**Starting Tuesday 20<sup>th</sup> February, €7.50 per class**



### Women's Shed

Our group for all women meets at Rosemount FRC on Thursday mornings.

**Thursdays, 10.00am to 12.00pm, Ongoing**

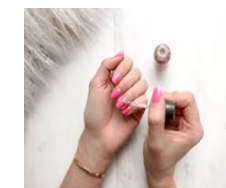
### Bingo

**Running Thursdays at 11.00pm, €5**

### Nail Art

Get creative while painting and designing your nails. The class will take place every Wednesday at Rosemount FRC.

**Date TBC**



### Youth Club

For teenagers aged 14 to 16.

**Resuming Thursday 18<sup>th</sup> January, 5pm to 6pm**

### Dementia Café

Coming soon. Details to arrive shortly.

### LGBTQ+ Youth Group

We are proud to host our LGBTQ+ Youth Group, who meet on Tuesday evenings.

**Tuesdays, 6pm to 8pm, Currently On Hold**