

Some of the essential services and activities we can provide here at Maine Valley Family Resource Centre

 <p>Family Support</p>	 <p>Counselling</p>	 <p>Rainbows</p>	 <p>Play Therapy</p>
 <p>Support Groups</p>	<p>parent & toddler</p> <p>Groups</p>	 <p>Social Groups</p>	 <p>Virtual Groups</p>
 <p>Information</p>	 <p>Signposting</p>	<p>Print SCAN copy</p> <p>Photocopying</p>	 <p>Training Courses</p>
 <p>Community Events</p>	 <p>Evidence Based Parenting Programmes</p>	 <p>Workshops</p>	 <p>Need Help? Give us a call</p>



Maine Valley Family Resource Centre, Castlemaine, Co. Kerry

Tel: 066 9767833

E-mail: mainevalleyfrc@eircom.net

Facebook: <https://www.facebook.com/mainevalleyfrc>; Website: www.mainevalley.ie

WHAT'S ON...

ZERO TO FIVE

An Online Parenting Support Group with Guest Speakers for your Q & A's



Join us weekly on a Zoom chat and connect with other parents to be, parents/carers and grandparents. Babies and toddlers also welcome

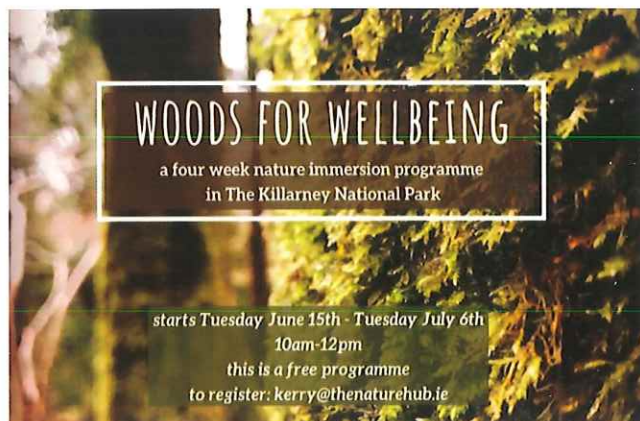
Thursday Mornings
(10am – 11.30am)

Today an Occupational Therapist will be joining us from 10.30 – 11am

To join in see Zoom link details below

Meeting ID: 867 4427 7237

Passcode: 097574



"The Community Mental Health Fund, Support by the Department of Health"



Kerry

Rialtas na Míreann
Government of Ireland



government supporting communities



Coimise Faochta Pobail
Áiríodh Chomair
Kerry Local Community
Development Committee

Would you like something else...no problem all you must do is let us know and we can organize it for you!

It's Blooming Time!



A FREE 4 week online
"Keeping Well" Programme

Come and explore ways in staying connected, switching off and being creative while minding your mood



Wednesday mornings 9.30m – 12noon

Zoom Link to join

<https://us02web.zoom.us/j/89492709272?pwd=d2hfNm5sLzBrdTRvNkklidW95L2dWUT09>

Meeting ID: 894 9270 9272 Passcode: 536993

Participants are requested to attend all sessions to gain full impact



Funded by The Community Mental Health Small Grants Scheme piloting The Healthy Kerry Community Wellbeing Initiative



Rialtas na hÉireann
Government of Ireland

Tionscadal Éireann
Project Ireland
2020



Live & Interactive Wellness Workshop



HAPPINESS

"Happiness - Developing happiness - optimism and pessimism - does it really matter?"

We often look outward for happiness and whilst it can be found in many things, join Patricia for a webinar that introduces how you can develop and build a more lasting level of happiness in your life by looking at the qualities that make up this often elusive topic and how to harness them..

<https://event.webinarjam.com/register/560/3v3lgf52>

Monday 21st June 12pm

Presented by Facilitator

Patricia Allen Garrett



Register for FREE
WWW.SUICIDEORSURVIVE.IE



Want to learn how to use Zoom!

No problem give us a call.

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