#### Get Creative ....

#### Jewellery: Thurs 9.30—11.30

learn to make jewellery €7.

Ph: Adrienne 4716722 to go on the waiting list.

#### Art Class: Tuesdays 7-9p.m.

Learn to draw and Paint. €3 Ph: Sarah 0876703689

#### Stitch and Bitch: Thursdays 10am

Learn to knit or if you are an experienced knitter you are more than welcome to join us on a Thursday morning from 10-12 for tea and a Chat. €2 Ph: Ann or Sarah: 4716724

#### Art Therapy Group

Explore personal issues Creatively To book a place on the next Course Contact Adrienne 4716722

#### Art & Crafts Group Mon 2-4pm

Learn to make Crafts. €3

Phone Adrienne 4716722 to put your name on a waiting list

#### A bit of FUN!!! BINGO

contact Ann or Deirdre 4716724

#### Community Breakfast:

Thursday 10 am—11.30 am €3.00
Enjoy a healthy hearty breakfast cooked by the Men's Group and get to know others in the community

# What Else is happening in the F2 Centre?

#### Computer Classes:

Basic course—Opening Computer, Sending emails, booking travel tickets. Some places in intermediate and advanced courses also. Ph. Karen 014716720 for further info.

#### Dublin Dance Co-Op: Mon 8pm

Enjoy dancing and get some exercise with this group. 5 rhythm dancing developed by Gabrielle Roth, this dance programme is accessible for everyone, complete beginners included. Facilitated by Dublin Dance Co-Op every Monday at 8.00-10.00pm Cost €10. For more details contact Liam @ 0872207364.

#### Bowls

Monday 2 p.m. ph 4716730 for more info

#### We can Quit

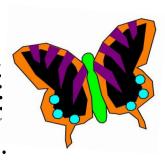
if you wish to give up smoking (for Women) contact Lisa or Roisin 4716730.

## Fatima Groups United

Family Resource Centre

Ph or text 0876703689

Get Involved Get Creative Get Fit



F2 Centre Reuben Plaza
Rialto Dublin 8
www.fgu.ie
01-4534722 / 087-6703689
Updated 16/2/2017

#### Weekly Session Information

### Healthy Food Made Easy—6 week course starting in march

Contact Roisin or Richie to put your name down on the waiting list 0876703689

#### Next Steps Women's Group:

Thurs 10.30 am

If you want to look at issues affecting your health this group is for you. All welcome

PH. Grainne 0876703689

#### Holistic Morning

Tues 9.30—11.30 Booking essential

- Reiki, Stress balls, body massage (€10- for 20 mins)
- Homeopathy Consultation (€15 including remedies)
- Drop in Relaxation FREE @ 11.30 am

Ph Ann 014716724/0876703689 to book therapies

#### Yoga Tues 12.30-1.30

Contact Roisin - 01-4716730 for more information

#### Fatima Change for Life Jan-March

(Operation Transformation)

Weekly Programme for all ages over 18yrs, Nutrition, Fitness, Exercise, Health Check and after programme weekly advice & support : Contact Deirdre 0876703689

#### Drop in relaxation

Tues 11.30—12.15 pm This group goes through breathing, muscle relaxation and visualisation techniques that clear the mind and body for relaxation and stress management. Ph Ann 4716724

#### Do you want to learn English?

Do you want to improve your English conversation. Classes starting soon. Contact Dorothy 4716700

### Gymtastics for Children with disabilities

Wed 4.30 p.m.

The aim of the group is to foster the health and wellbeing of children living with a disability, their siblings and parents through a weekly physical activity club in order to promote respect, friendship and fun. The club caters for children attending primary school. For further information please contact Ann: / Richie 4716724 / 0876703689

#### D8 men's Shed

If you want to learn new skills, DIY and practical activities join this new Men's Shed.

Ph: Lisa or Tommy Maher 01-4716723

#### Stay & Play group

Wed 11.30-12.30 Parents & Toddlers 1-3 yrs
Ph: Geraldine 01-4549966

#### Bright Sparks Children's Art Group:

#### Tue 10.30-12.30pm

A parent and child art session, for children between 18mths and 4 years. Feel free to drop in and enjoy the fun. Facilitated by Asha Zmuda .Ph. 0857162931 for info.

#### Homeopathy:

#### By appointment

Remedies to help your body heal itself. Phone Ann o14716724 €15 for a consultation including remedy.

#### Counselling: Phone 0879410734

Feeling stressed, anxious, low. Relationship problems, bereavement—Sharing your worries can help.

Confidential low cost counselling available

# Fatima Groups United

Family Resource Centre

Fatima Health Project 3, Reuben Plaza Rialto Phone: (01) 471 6730 / 4716724

Ph or text 0876703689 for more info