

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

Gymnastics 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 014716724 €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



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Family Resource Centre

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

Ph or text 0876703689 for more info