

**ROOM USAGE**  
The Centre has meeting rooms that can be rented if you wish to enquire about renting/using a room, please contact us.

Service	Details	Cost
<b>PHOTOCOPIING</b>	A4 Paper Black & White A4 Paper Colour A4 Coloured Paper Black & white A4 Card Colour A4 Coloured Paper Black & white A4 Card Colour A3 Paper Black & White A3 Paper Colour A3 Coloured Paper Black & white A3 Coloured Paper Colour	.10c .20c .15c .20c .25c .30c .40c .30c .20c .30c .25c .20c .20c .15c .20c .15c .20c .25c .30c .40c .30c .50c
<b>LAMINATING</b>	To preserve documents from wear & tear, dust & moisture. A4 A3	.80c €1.00
<b>BINDING</b>	Spiral bound with clear cover & card back	€1.50
<b>FAXING</b>		€1.00
<b>INTERNET ACCESS</b>	On FRC Computer. Wi-Fi also available.	Donation
<b>SCANNING</b>	A4 A3	.20c .50c
<b>TYPING</b>	700 words CV, One page etc	€1.10 €2.00

**Administration Services**  
The Boyle Family Resource Centre offer a wide range of Office and Administration Services at affordable rates. If you require a large amount of photocopying/office services

## Volunteers

Volunteers are the back bone of Boyle Family Resource Centre.

There are over 100 volunteers working within 14 teams here at the Centre.

We value and appreciate their commitment and time.

If you would be interested in volunteering, please contact the centre for a volunteer pack.

## Board of Directors

Chairperson:	Evelyn O'Donnell
Secretary:	Monica Devine
Treasurer:	Annette Keenehan
Director:	Mary Flynn
Director:	Moya Mohan
Director:	Brian Nerney
Director:	David Kelly.

*One of the greatest gifts you can give is your time.*



## Boyle Counselling & Psychotherapy Centre

**Director: Maura Callaghan**  
071 9663000 or 071 9663841 (Direct Line)

We provide Counselling & Psychotherapy for the following from young children to adults

- Adolescent Therapy
- Bereavement
- Child
- Couple and Relationship
- Individual
- Family Therapy
- Child and Family Holistic Therapist
- Play Therapy

We also provide:

- Crisis Support
- Suicide Prevention
- Suicide Bereavement Liaison
- Support Groups & Services
- Professional Training

Most of these services are available Monday to Friday, day and evening. It is available in as far as possible at a time to suit the individual, family or couple and is by appointment only. Emergency times are available. Due to COVID-19, we have suspended taking fees but donations are accepted.

**Our Team:** Maura Callaghan, Marie Brennan, Karen Leonard, Criona O'Donnell, Ursula Conboy, Catherine Tarabuisi, Sarah Davey and Tiffany Jennings Walsh and Placement Counsellors.

**Roscommon Suicide Bereavement Liaison Service**  
Roscommon Suicide Bereavement Liaison Service is a free & confidential service that provides assistance & support to families & individuals grieving the death of a loved one by suicide. **Contact:** Tiffany Jennings Walsh, Suicide Bereavement Liaison Officer

**A message from the Chairperson**

Welcome to our Autumn and Winter programme for 2020.

We continue, despite many difficulties, to deliver our services at Boyle FRC in response to the continuing needs of the local community. 2020 has brought many challenges which could not have been foreseen at the beginning of the year. The COVID 19 virus necessitated the delivery of almost all of our services behind closed doors, online or by phone - we have to be grateful for technology!

Counselling, Family Support, parenting programmes, parent and toddler groups, to name a few, were all delivered virtually. Thank you to all our volunteers, present, past and new; those who came forward for our CV19 Assist group.

During COVID we have experienced the adaptability and flexibility of our staff, volunteers and our community. We are sincerely grateful for their services.

As we plan for this term, we are planning cautiously. We hope our programmes can and will be delivered face to face and in smaller numbers. Should the need arise we are prepared to return to the former arrangements of online delivery.

Both buildings of the FRC have sanitisation stations, there are screens in place to protect you and there are appropriate seating arrangements. We ask that you respect these to ensure that everyone stays safe and that you protect each other.

You will see some staff wearing masks and/or visors in the interest of safety.

At all times, we will follow public health advice and act in the best interests of our community.

We continue to be guided and inspired by the requirements of our community, working in partnership with the relevant agencies, organisations and groups.

We have come this far in cooperation and partnership and we will get through the present difficulties together.

Evelyn O'Donnell  
Chairperson

## Boyle Family Resource Centre

**Manager:** Louise Moran  
manager@boylefrc.ie

**Administrator:** Deborah Rodden  
administrator@boylefrc.ie

**Receptionist:** Marie Brennan  
reception@boylefrc.ie

**Community & Family Development Support Workers:**

Emer McFadden CommFam@boylefrc.ie

Karen Delaney FamComm@boylefrc.ie

**Community Mothers Co-ordinator:**

Marie Shivnen

CommunityMothers@boylefrc.ie

**Counselling & Psychotherapy Centre**

Direct Line: 071 96 63841

**Clinical Manager :** Maura Callaghan  
boylecpc@boylefrc.ie

**Counsellors & Therapists:**  
counsellingtherapy@boylefrc.ie

## CONTACT US

**Phone:** 071 96 63000

**Email:** info@boylefrc.ie

**Web:** www.boylefrc.ie

**Facebook:** www.facebook.com/boylefrc

**Twitter:** www.twitter.com/FRCBoyle



# Boyle FRC

Supporting you, your family  
and our community



**Autumn/Winter 2020**

**Boyle Family Resource Centre**

&

**Boyle Counselling and  
Psychotherapy Centre**

Registered Charity No: 21975



## COVID-19 Regulations

Boyle Family Resource Centre have had to implement a number of changes with how our programs and services are delivered due to the Guidelines issued by the Government with regard to COVID-19.

**These can change at any time in line with Public Health Advice - Please check with us.**

Everyone entering the Centre will be asked to sanitise their hands. Wear a Mask if possible and provide contact details for contact tracing purposes. All rooms now have a max capacity sign on the door going in, this cannot be exceeded.

The seating arranged to maintain social distancing, please do not move without consulting staff.

All courses and programs must be pre-booked and paid for in advance. We will hold registration days ahead of any course starting.

While we have had to change some aspects of our Centre, you will always be welcome at Boyle FRC

## Learning & Education

### Spanish Classes

**Date:** Starts Thursday 24th September

**Intermediate Class** Time: 10.45am—11.45a.m.

**Beginners Class** Time: 12pm—1pm

**Cost:** €40 for 6 weeks

**Irish Classes** with Micheál Ó'Tuathail.

### Complete Beginners Irish

**Date:** Starts Wednesday 7th October

**Time:** 7.00p.m to 8.30p.m. **Cost:** 8 weeks €70

### Beginning Irish Again

**Date:** Starts Tuesday 6th October

**Time:** 7.00p.m. to 8.30p.m. **Cost:** 8 weeks €70

### Improvers Irish

**Date:** Starts Thursday 8th October

**Cost:** 8 weeks €70 **Time:** 7.00p.m to 8.30p.m.

**Music & Italian** with Marie Hanmore Cawley

Share learning with people of all ages and abilities. Learn new skills from the mix of Music and Italian. So, come along and learn with us.

Contact the Centre for further information.

**Pre-Booking is essential for all classes.**

## Personal Growth

### Winter Wellness 2020

**\*\*Places Limited\*\***

The GRETB funded Community Ed classes for Autumn 2020 will be a blended learning through face to face and online.

**Cookery & Nutrition** **September 2020**

**Textile Upcycling** **September 2020**

**Art** **September 2020**

**Flower Arranging** **November 2020**

**Pilates** with Oliver Nevin **\*Limited availability\***

**Beginners** Tuesday Mornings from September.

**Time:** Please contact the Centre for further info.

**Cost:** €50 for 6 sessions

**Advanced** Tuesday Mornings from September

**Time:** Please contact the Centre for further info.

**Cost:** €50 for 6 sessions

**Yoga** with Liz Dwyer

**Date:** Wednesday mornings from September

**Time:** Please contact the Centre for further info.

**Cost:** €50 for 6 sessions

## Boyle Food Partnership

### Food Packages

We operate two schemes FEAD and Food Cloud.

If you and/or your family need food, we distribute food through these programmes at the Centre. Please text the word FOOD and your first name to 0860496467 to receive details or call to the Centre.

## Community Garden

We will be running classes and groups in our polytunnel and garden in Spring 2021. If you would like to have use of a section of the raised beds in the polytunnel, please contact the Centre for more information.

## Community Mothers

**\*\*NEW for 2020\*\***

**Community Mothers Roscommon is a free home visiting support** for parents of children under five, delivered in the areas of Boyle and Ballagherreen. Self-referrals are welcome and you can contact Marie (Boyle) on 086 0597447 or Colette (Ballagherreen) 086 0597441 directly. You can also speak to your Public Health Nurse, GP or any other agency you may be involved with who will refer you on to us. If you are interested in becoming a Community Mother volunteer in this rewarding programme, Marie and Colette would also love to hear from you.

## Parent and Family Support

We offer sign posting to services/information or we can provide more intensive support. We offer one-to-one support and use various parenting skills that parents can use to improve children's well-being and their outcomes for the future. Some examples of the support we offer; Improving communication skills, dealing with difficult behaviour, making routines and establishing boundaries.

### Individual one to one support

This work is aimed at children or young people who are dealing with challenging experiences that are likely to impact on their development. For example, boundaries, bullying, anxiety and behavioural issues. Please contact the Centre to make a referral or for more information.

### Family Support Drop In Clinic

A drop in confidential space for parents and families to drop in for a listening ear and receive support about issues and concerns that you have about you and/or your children.

**Date:** Wednesday Mornings **Time:** 9.30am to 12.00pm during primary school term starting on Wednesday September 2nd, either face to face or over the phone.

An interagency project together with Boyle FRC, Foroige, Tusla & Roscommon Safe-link.

### Common Sense Parenting

As your child's first and most important teacher this 7 week programme helps parents to learn skills to encourage their children's positive behaviour.

\*\* This program will be offered either online via zoom or face to face dependant on participants

**Date:** Tuesday Sept 15th & Wednesday Sept 16th

**Time:** Day and evening times. **Cost** €20.

### Mindful Parenting

An eight week mindfulness program that parents can use to support their child's positive mental health and well-being. We will explore how to bring the practices of mindfulness, self-compassion, kindness and gratitude into your parenting.

\*\* This program will be offered either online via zoom or face to face dependant on participants.

**Date:** Starting Monday September 28th

**Time:** To Be Confirmed **Cost:** €2/donation per session

### E-Powering Parents

This is aimed at empowering parents to help keep their children safe online.

**Date:** Wednesday November 4th.

**Time:** 7.30pm—9.30pm

### TACKLE Drug & Alcohol Parenting Module

This module aims to give parents more awareness of the importance of communicating with young people and focus on reducing and delaying onset of substance use.

**Date:** Wednesday November 25th.

**Time:** 7.30pm—9.30pm

### Boyle Breastfeeding Support

A space where you and your baby will receive lots of support, a warm welcome & a cuppa!

**Date:** Last Friday of the Month (Face to Face) contact the Centre to book a place. **Cost:** €2 or donation

### Baby & Toddler Group

Baby & Toddler group is a great way of meeting other people with children the same age as yours in our community. **Date:** Tuesday & Thursday Mornings. Contact the Centre to book your place - limited spaces.

### Weaning Workshops

Open to all parents who would like support and guidance around weaning. This workshop will be funded by **Healthy Ireland**. Contact the Centre for more information.

### Mindful Garden

A four week programme for children aged 6-11. Benefits for children: •Calmer and happier •Increased concentration

•Reduced anxiety and stress

•Improvement socially and emotionally

•Increased confidence and self-esteem.

•Better quality of sleep and more!

**Date:** Saturday September 26th (Face to Face)

Saturday November 14th (online)

**Booking is Essential** **Cost:** €40

### Parents & Parent to be

We will be organising a series of talks for parents on topics of communication, self-care, living your best life, staying connected.

Keep an eye on our social media for dates and times.

### Therapeutic Services ( see overleaf)

-Family Therapy

-Adolescent Therapy

-Child and Family Holistic Therapist

-Play Therapy

-Individual and Couple Counselling

**\*\*We now accept card payments for programmes and admin, there is a €1 fee for this\*\***

## Drop In Room

**Monday to Friday**

**10am to 12pm** - subject to change.

Tea/Coffee Making facilities, Library, Comfortable Chairs, Information Leaflets  
A listening ear when needed.

## Support Services and Groups

### Bereavement Support - Booking Essential

Support for those grieving the loss of a loved one.

**Cost:** Donation

**Date:** Tuesday 13th October for 6 weeks **Time:** 8:00pm

**Widows & Widowers Support Group** **\*\*Group Full**

Support for those grieving the death of their spouse.

**Date:** Thursday September 10th and the 2nd Thursday of the month there-after. **Cost:** Donation

Contact the centre to be placed on the list for Spring 2021

### GROW

Its principal strength is the support members give to each other from their own experience in matters to do with mental health. Contact Teresa on 085-1493508 for more information.

**Date:** Mid-September **Time:** 7.30pm-9pm

**Venue:** Boyle CPC (next door to main building)

### LGBTI+

A weekly group for young people aged 13-18 years who identify as members of the LGBTI+ community.

Opportunity to try some fun activities, seek advice/support

**Venue:** Boyle Family Resource Centre.

Contact Sean on 086-0319014 for more information

An interagency project together with Boyle FRC & Foroige

## Stafford Steppers

**\*\*NEW for 2020\*\***

Are you interested in getting out for some exercise and a social chat. Come along to the **Stafford Steppers** on Thursday Mornings, everyone welcome. Starting Thursday August 27th at 11a.m. Meet at Boyle Family Resource Centre.

## Boyle Cares

The 1st virtual Boyle Cares event will take place virtually in **November 2020**. We will be hosting a virtual open meeting to discuss options and ideas. We would like to see as much of the community represented as possible. Please contact the centre for link to open meeting.  
**Date of Open Meeting:** Tuesday September 22nd.

## Youth Groups

Roscommon Youth Service run weekly (during school term time) youth groups for children aged 10-18 at Boyle FRC. Please contact Sean on 086-0319014 for more information.

## Community Sensory Space

Our community sensory room is available for booking. We will be following HSE guidelines to ensure the safety of individuals who use the room. Please contact Boyle FRC to book.

## Returning Spring 2021

### Rainbows/Spectrum

A group for children/teenagers who have lost a parent or significant other through death, separation or divorce.

### Loss of Relationship

For those who have lost a relationship through death, separation or divorce.

### Go For Life

2 Yoga Classes and 2 Pilates classes

**Cost:** Free for over 55's and €5 for under 55 years of age.

### Basic First Aid Course with Absolute Safety

### Bazz Art for Toddlers

Monthly art session for Toddlers

### Baby and Me

A six week group for new mums and their babies with a different topic/speaker each week.

### Grandparent/Grandchild Club

Are you a grandparent or a grandchild (in primary school) and interested in doing some fun and creative activities together? Boyle FRC will have a new club starting in the spring.

### English Language Class

English language classes for whom English is not their first language.

## Booking Information

For more information on any of our programmes, groups, courses or services, please contact us.

If you would like to be added to our mailing list please email: info@boylefrc.ie