



For all the following Services/Activities call 074 97 25337

Evening Classes, starting in February, Oil Painting, Yoga, Spanish – Basic & Intermediate, Digital Photography – Basic & Intermediate, Cake Decorating, Furniture Upholstery, Personal Development, Creel Making and First Aid.

Green Exercise Walking Group – each on Thursday @ 10.30am, from the St John Bosco Centre for Local Community Walks returning to the Family Resource Centre for refreshments.

Benefit 4 Computer classes for those with basic skills, yet need to learn how to book a hotel room, booking airline tickets, paying bills online uploading a photo from your camera and social media. Starting March, a 5 week course 7pm – 9pm for €20.

Support for Family Carers – we are offering free information & training for carers, to support them while looking after a family member, in conjunction with the HSE. For more information ring 074 9725337.

Easter After-School Camp – the ever popular after-school camp will be running an Easter Camp from April 14 – 17 inclusive from 9.30am – 5.30pm, for €15 per child per day, family concessions are available. Payment in advance for the camp, please contact us immediately as places are limited.

Men's Health Information Evenings – Donegal Family Resource Centre prioritizes the area of Men's Health in 2014. While Men look after their cars and put them through the NCT, men are less likely to look after themselves. Being reluctant to visit their GP's and as a result, a number of diseases go undetected. With this in mind we are hosting two Men's health evenings, Wed 12th March & Wed 14th May at 7pm, in the Community Room. In a light hearted relaxed environment, over a cup of tea, professionals will give talks on Health Matters (Blood Pressure Checks & Blood Sugar Checks), Money Matters and Legal Matters. These evenings are FREE and open to everybody to attend.

Regional Employment Service a free service for the unemployed / recently made redundant. Discuss in confidence career goals, discover what training grants are available, put together a professional CV, interview preparation & Filling out application forms. Thursday 6th Mar 11am – 1pm ring 074 9725337 to book.

Afterschool, cost effective childcare - from 2pm-6pm, Mon – Fri, €8 per child per day. Children can be collected from Scoil Aodh Rua & Nuala.

Social Dancing Group – meet each Mon from 11am – 1pm in the John Bosco Centre everybody welcome, come join us for a cup of tea.

Good Morning Service

This free and confidential service has centres in Buncrana, Donegal Town, Falcarragh, Letterkenny, Lifford, and Burtonport. The Service involves local volunteers making a regular phone call to people aged over sixty, so as to ensure they are safe and well. The calls are made at an agreed time and can be daily or once a week, depending on the preferences of the client. The service also advocates for older people and refers clients to health services and any other organisation that may be of help in relation to each individual's concerns.

Bereavement and Marriage Counselling Service

Professional Accredited Counsellors available

New Service - if you need someone to talk to about, Low self-esteem, Anxiety, Depression or Achieving your goals. A confidential, non-judgmental, safe and person centred approach - available free of charge.

Senior Alerts Scheme – Grants available to install personal monitored alarms to enable older people (65yrs+) without sufficient means to continue to live securely in their home with confidence, independence and peace of mind. Application form and more information is available from our office. Conditions apply

Toastmasters Donegal Bay Speakers Launches into their 2nd Year, focusing on Speaking in Public, Gaining Confidence, Leadership and Business Presentations. If you would like to improve any of these skills, meet new people, network or just get out for an interesting nights entertainment, please feel free to come along. The club meets every 1st and 3rd Tuesday of the Month at 7.45pm

Holistic Therapies Programme – The aim of the programme is to give recovering addicts an alternative and complimentary way of dealing and coping with their addiction. Programme also available to support their family members.

Therapies available are Reflexology, Indian Head Massage or Reiki (€25 for 6 sessions)

CETS Childcare Education and Training Support

Parents taking part in full or part time courses with the ETB VTOS or BTEI (back to education initiative) can avail of the afterschool service for €10 per week. The additional fees will be paid by the department.

Lifestart – Parent Support & Child Development Programme

This service is available to all First Time Parents. Referrals can be made through the Public Health Nurse. Leaflets available from the centre.

Parentstop - A listening service for parents wanting support, guidance in all aspects of parenting. We provide a non-judgemental environment where parents can discuss any concerns. Located in the Donegal Family Resource Centre every Tuesday from 9.30am—5pm. For appointments or more information Contact Julie Voss 086 8494038