

Quarryvale Family Resource Centre Summer 2020



Our buildings are closed but we are still here!

**Instead of meeting face-to-face we have several activities and groups on-line.
Why not join us?**

We also provide a range of support services via the phone and the internet.

**Gardening course
Laughter Yoga
Over 55s
WRAP Café**

**Knitting and Crocheting
Mindfulness
T'ai Chi
Yoga**

Please contact Susan on Susan@quarryvalefrc.ie or 085 202 0228
(not Wednesdays and Fridays)

Arts & Crafts

Bingo

Quiz

Please contact Deborah on familysupport@quarryvalefrc.ie or 087 375 0009

Childcare Services

Please contact Cathriona on honeybears@quarryvalefrc.ie

Parenting Advice

Family Support

Please contact Deborah on familysupport@quarryvalefrc.ie or 087 375 0009

**Adult Therapy
Art Therapy**

**Children's Therapy
Counselling**

Emergency food supply from Clondalkin Helping Homeless and Those in Need

Please contact Karin on manager@quarryvalefrc.ie or 085 202 0300



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