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ARD

Family Resource Centre

Timetable

2026

All activities are subject to change

091 768852

TUSLA
An Ghníomhaireacht um Leanaí agus an Teaghlach
Child and Family Agency

Ardaun Roscam Doughiska Family Resource Centre

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Monday

- Buggy Buddies- Parent and Baby exercise group- supported by Galway Sports Partnership and the HSE. Participants must be a minimum of 6 weeks postpartum to register. Cost €20 for 6 weeks. For more information contact vera@ardfrc.com or angie@ardfrc.com

- Computer Support – All Levels – 10am – 1.30pm Contact Geraldine on 0878153762.

- Family Support Advice Clinic 2 pm to 4 pm. For information and booking please contact Elske on 083 3217083 (Monday/Thursday and Friday morning)

- Foroige - for information on autumn schedule contact Katie 086 175 4487

- Beginners Hip Hop Dance. Contact Monika for details and cost on 085 853 9410.
  - 4 to 6 years 2.15 pm to 3.00 pm.
  - 7 to 12 years 3.15pm to 4.00 pm.

- Hatha Yoga with Niamh, 7-8pm

  - build strength and heat, followed by deep relaxation.For information on cost of class and how to register contact Nimah 085 848 5836

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Tuesday

- Active Retired Group – 11.00 am to 12.30 pm. Leave your name and number with Reception.

- Low-Cost Counselling for Adults -10 am to 4 pm – Contact Margaret 087 797 8130
  mtierneycounselling@gmail.com.

- ARD Community Garden- 10.30 am to 1 pm. Located at the rear of Merlin Woods City Park, Doughiska.

- Eastside Urban Walking Group Weekly Meetups:
  Every Tuesday at 10.30am, starting from either the ARD Family Resource Centre or Ballybane Community Centre. Enquiries Whatsapp Vera on 085 853 6614

- GRETB Community Education Classes Tai Chi
  To register interest text 086 065 0281 (class is FULL)

- Computer Support – All Levels – 10 am – 1.30 pm Contact Geraldine on 0878153762.

- Siel Bleu - 12 week exercise programme for older adults, 12.30pm. Cost is €60.
  This is a fun social exercise programme, suitable for older adults or anyone with mobility issues. All levels and abilities welcome. Queries to eoin.kirwan@sielbleu.ie

- Foroige - for information autumn schedule contact Katie 086 175 4487

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- Emerald Knights CHESS CLUB
  Junior age 7-10 6-7pm
  Youth age 10-17 7-8.15pm
  For information on fees and how to sign up
  email dodo.moreira@gmail.com 087 720 8271

Wednesday

- Threshold Housing Support Clinics. 9 am to 5 pm. Call Threshold on 1800 454 454 to book an appointment.

- HSE Quit Smoking Clinics. 9 am to 2.30 pm. Contact Quit Smoking West Service as follows;
  Phone Number: 091775485
  Email: quitsmoking.west@hse.ie

- Parent and Toddler Group- 10 am to 12 pm. Cost €3.00 with a cup of tea/coffee. Contact Angie on 083 446 7108.

- Beginners Hip Hop Dance. Contact Monika for details and cost on 085 853 9410 4 to 6 years 2.15 pm to 3.00 pm.
  - 7 to 12 years 3.15 pm to 4.00pm pm.

- Foroige - for information autumn schedule contact Katie 086 175 4487

- Singing & Ukulele for adults 7-8.30pm. Contact caroline@ardfrc.com

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Thursday

- English Classes (Failte Isteach). Beginners and Intermediate. 10 am to 12 pm. Contact Elske at ARD FRC on 083 321 7083.

- Foroige - for information on autumn schedule contact Katie 086 175 4487

- Our Fair World Group,3-4.30pm
  A creative, fun group for 8-12 year olds interested in global justice, fairness and making a difference.
  Contact Natasha - 083 3552473 to sign up.

- Yoga with Agnieska, 7.00-8.00pm . For information and to register please contact 085 742 3566

- Pilates (Beginner - Progressive) 7.30-8.30pm. For information on price and to book your space 087 092 8619

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Friday

- ARD Women's Circle – Arts, crafts and other creative and social activities. 11 am to 1 pm. To join either turn up or leave contact details with reception or on 091 768852.

- Craft class, GRETB Community Education. Starting on 2nd October 1.30-3.30pm, these classes are free of charge. To register, text 086 065 0281. (Class is FULL)

- Foroige - for information on autumn schedule contact Katie 086 175 4487

- Global Citizenship group, 4-6pm

A creative, fun group for 13-17 year olds interested in global justice, fairness and making a difference.

Contact Natasha - 083 3552473 to sign up.

- Linking Power group, 6pm to 7.30pm
  A creative, fun and engaging group for 18-24 year olds who want to make a positive impact and are passionate about global justice.
  Contact Natasha - 083 3552473 to sign up.

- Ladybirds 4 to 7 years. 5.30 pm to 6.30 pm. For further information, please see Merlin Woods Ladybirds and Brownies on Facebook.

- Brownies 7 to 10 years. 5.30 pm to 6.45 pm. For further information, please see Merlin Woods Ladybirds and Brownies on Facebook.

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- Guides 10 to 15 years. 6.30pm to 8pm. For further information, please see Merlin Woods Guides on Facebook.

Saturday

- Saturday Yoga. 10 am to 11.00 am. To register please contact 085 742 3566

Other Services

Time 4 Us Family Support Services*: provides a safe, neutral and comfortable place for children to meet with their non-resident parent or family.*

Time 4 Us makes it possible for contact arrangements to take place with a minimum of stress both for children and their parents.

It can also support parents who cannot agree contact arrangements themselves. At the ARD Family Resource Centre we have 2 playrooms where we facilitate access visits. If you are interested in more information about the Time 4 Us service you can contact the program manager directly on

(091) 860018 /time4us@ardfrc.com to make a booking, see our website for further information: www.time4us.ie

Opening hours Tuesday to Friday 10am to 6pm we are also open every second Saturday 10am to 5pm

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Western Region Drug and Alcohol Task Force Family Support:

The Drug and Alcohol Family Support Program can support family members and loved ones in working out what will be helpful in coping with and responding to a loved one's substance use. Family support includes parents, siblings, grandparents, extended family, friends, and broader social networks.

Support is provided over the phone, online or in-person

For referral, support, or information:

Contact: Robert Dervin , Family Support Worker

Phone: 087 146 5956 Email: robert.dervin@wrdatf.ie

Cricket Connects - Community Sports Hub coordinator

Providing support and participation through Cricket Ireland's Grassroot programme's in Schools, Clubs, Community groups and Local sports partnerships.

The Community Sports Hub initiative seeks to maximise participation and awareness in Cricket and engage the local community and Connacht Cricket Union to offer a range of participation, training and learning opportunities through the national implementation of the Cricket Connects programme.

To learn more about upcoming events, training or to avail of Grassroots programmes in your school, club or community group please contact:

Sarah Barry : 087- 4905774

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Email: sarah.barry@cricketireland.ie

Websites: www.cricketireland.ie / www.connachtcricket.ie

Facebook: www.facebook.com/connachtcricketunion/

Instagram: www.instagram.com/connachtcricketunion/

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