

Family Life Services CLG
www.thefamilycentre.com
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Facebook: @TFCcastlebar
Instagram: @FcCastle

The Family Centre Autumn/Winter 2023

Contact Details:

Chapel Street,
Castlebar,
Co. Mayo.
Tel: 094-9025900
Monday - Friday
9.30 a.m. - 1.00 p.m.
2.00 p.m. - 5.30 p.m.

Enneagram Part 1

Facilitator: Fr. Benny McHale

Dates: Wednesday November 1st & Wednesday 8th / Wednesday November 15th & Thursday 16th

Time: 8.00 p.m. - 10.30 p.m. **Evening Workshop**

Venue: The Family Centre, Castlebar / **Cost:** €60.00

Soul Saturday

Soul Saturday - Facilitator: Niamh Brennan

Dates: Saturday September 30th, Saturday 28th October & Saturday 25th November

Time: 10.30 a.m. - 1.30 p.m. **Morning Course**

Venue: The Family Centre, Castlebar / **Cost:** Donation

John Hoban Music Circle

Dates in Castlebar: Friday September 15th & 29th / Friday October 13th & 27th / Friday November 10th & 24th / Friday December 8th

Castlebar Time: 8.00 p.m. - 9.30 p.m. **Online via Zoom:** 7.00pm - 7.45pm

Venue: The Family Centre, Castlebar

Dates in Bohola: Monday October 2nd / Monday November 27th

Venue: Sheridan Community Centre **Time:** 8.00 p.m. - 9.30 p.m. **Cost:** Donation

Flourish Creative Writing

Facilitator: Jean Tuomey

Dates: Wednesdays November 29th, December 6th, 13th & 20th

Time: 7.00p.m. - 9.00pm **Evening course**

Venue: The Family Centre, Castlebar / **Cost:** €50.00

Parenting When Separated

Facilitators: Mayo Community Based Family Support Team

Dates: Tuesday 7th, 14th, 21st, 28th November & 5th, 12th December **Time:** 10.00 - 12.30 pm **Morning Course**

Cost: €20.00 (for materials & can be paid in installments)

Venue: The Family Centre Castlebar

To Book: 087-7059705 OR email l.owens@mayofamilysupport.ie

Separating Well For Your Child

Facilitator: Geraldine Kelly from One Family

Date: Thursday 12th October

Time: 7.00 - 9.00 p.m. **Evening Workshop**

Venue: The Linenhall Art Centre, Castlebar / **Cost:** No Charge

• **EARLY BOOKING ADVISABLE** • www.thefamilycentre.com

To make a booking call 094 9025900 or Email: info@thefamilycentre.com.

Details of our courses and support services are always available on our website www.thefamilycentre.com