

Clones Family Resource Centre Community Newsletter

16 Days of Action Campaign in Clones



Pictured above are the following left to right, Dara MacGabhann IFI Networking Officer, Anne Davey Clones FRC, Ann Croarkin Tearmann, Lorna Soden ICA & Angela Graham Clones FRC at a recent domestic violence awareness raising event in the Cassandra Hand Centre, Clones. Photo by Eugene Hamill

Welcome to the Spring edition of our community newsletter. The voluntary Board of Management together with the staff team have been very busy organising training and events and assisting families and individuals in the local community. In recent weeks 50 people had a wonderful and educational day out to Dan Winter's Cottage, Co. Armagh birthplace of the Orange Order and our next tour to Cavan County Museum, Ballyjamesduff, to visit the 1916 exhibition and the World War I trenches in April, is fully booked. Parenting supports are being delivered locally and the FRC welcomes the Strengthening Families 14 week programme to Clones. The Toddler Group has enjoyed a number of healthy families talks and a brisk walk in Clones Labyrinth. International Women's Day was celebrated in the Cassandra Hand Centre with a Bollywood night which involved dancing and Indian food. Thanks to everyone who supported the recent Social Dancing / Open Mic night in the Cuil Darach on 16th March where a great night was had by all. **Angela Graham, Coordinator**



Diary Dates:

- Clones FRC AGM on Thursday 11th May in Cuil Darach Function Room at 7.00 pm. Inspirational guest speaker is John Lonergan, former Governor of Mountjoy Prison who will give a talk on his life and times
- Saturday 16th May. Celebration of International World Labyrinth Day in Clones. Call 047 52919 for more details
- 14th & 15th June. ASIST suicide awareness training. Places available, to book call Dara on 047 52919. Supported by Clones FRC's IFI peace of Mind project
- Clones Family Resource Centre acknowledges the support of Tusla and the International Fund for Ireland Peace Impact Programme



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“If I cannot do great things then I can do small things in a great way” Martin Luther King Junior



Pictured above are the staff of Clones FRC's Charity Shop, Second Time 'Round. Congratulations to our shop staff who recently won the Best Dressed Window Display in this year's St Patrick's Day competition. To the public, thank you for your continued support and donations . All proceeds are spent on programmes for the local community. The shop is open Monday to Friday 10.00 am to 5.00 pm including lunchtimes and stocks pre-loved women's, men's and children's clothes. Photo is by Eugene Hamill

Clones Family Resource Centre Courses and Events for Winter / Spring 2017

- ◊ Baking on a Budget (ETB), Welfare to Work (INO), Open Mic cross border events, heritage tours
- ◊ Accredited community mediation training / ASIST suicide awareness training (IFI)
- ◊ Parents: Bollywood Night, Build a Bear Workshop, talks on health, welfare and legal matters
- ◊ Men: QQI Level 3 in Internet Skills (ETB), woodturning and digital photography
 - ◊ Specialist retail skills training for charity shop staff
 - ◊ Music workshops for young children

