



*Small matters. Big matters. YOU matter.*

# Borrisokane

## Outreach Office



**Silver Arch Family Resource Centre provides services that are responsive to the needs of individuals, families and communities.**

### FIND OUT MORE:

 067-31800

 [www.silverarchfrc.ie](http://www.silverarchfrc.ie)

 [info@silverarchfrc.ie](mailto:info@silverarchfrc.ie)



@silverarchfrc

**We offer a wide range of services including:**

## **Family Services**

- Parenting advice and support
- Community mother groups
- Range of workshops on topics such as baby massage/healthy weaning etc.
- Advocacy for parents whose children are in care
- One:One practical support to help address family issues such as relationships, education, emotional support.

## **Wellbeing Services**

- Healthy Food made easy
- Exercise programmes
- Support for older persons
- Social prescribing link worker
- Adult counselling
- Play therapy
- Adolescent psychotherapy
- Community development initiatives.