

Wellness Support Group



Mondays & Fridays

11.00am – 12.00pm

Weekly, commencing 10th of February

- A welcoming space to check in with yourself and others
- Reflect on your recovery and learn to take control
- Discover new wellness tools that work for you
- Explore the key areas of mental health and wellness



To register for a place – Please call 021 4226064

Shine Resource Centre, 14A Washington St West, Cork City