

DO YOU HAVE?

Anxiety

Panic

Anger

Depression



Recovery
Self Help Method
Ireland

LOCAL MEETING

**Every Wed
8.00pm**

**Clontarf Methodist
Church, St
Lawrences Rd ,
Clontarf, Dublin 3**

- CAN HELP YOU! -

Telephone: 00 353 1 62 60 775

Charity No: CHY 7690

www.recoveryireland.ie