

Recovery^(TM)

Celebrating 48 years in Ireland



Anxiety

Panic

Anger

Depression

Bipolar



Recovery
Self Help Method
Ireland

We Can Help

Meeting Every Wed 7.30pm
Community Inclusion Hub
Kilmacrennan Road
Letterkenny. Co. Donegal
(Opposite the new A&E entrance road)

www.recoveryireland.ie

HSE Funded Charity CHY7690

Tel: 01 62 60 775

Recovery^(TM)

Celebrating 48 years in Ireland



Anxiety

Panic

Anger

Depression

Bipolar



Recovery
Self Help Method
Ireland

We Can Help

Meeting Every Wed 7.30pm
Community Inclusion Hub
Kilmacrennan Road
Letterkenny. Co. Donegal
(Opposite the new A&E entrance road)

www.recoveryireland.ie

HSE Funded Charity CHY7690

Tel: 01 62 60 775