

DO YOU HAVE?

Anxiety

Panic

Anger

Depression



Recovery
Self Help Method
Ireland

LOCAL MEETING

**Every
Wednesday
7pm**

**Central Mission
Abbey St. Lower
Dublin 1
(Beside LUAS stop)**

- CAN HELP YOU! -

Telephone: 00 353 1 62 60 775

Charity No: CHY 7690

www.recoveryireland.ie