

DO YOU HAVE?

Anxiety

Panic

Anger

Depression



Recovery
Self Help Method
Ireland

LOCAL MEETING

Every Sat 3.00pm

**Parish Pastoral
Centre, Montrose
Park, Beaumont,
Dublin 9**

- CAN HELP YOU! -

Telephone: 00 353 1 62 60 775

Charity No: CHY 7690

www.recoveryireland.ie