

# Recovery<sup>(TM)</sup>

Celebrating 48 years in Ireland



**Anxiety**

**Panic**

**Anger**

**Depression**

**Bipolar**



**Recovery**  
Self Help Method  
**Ireland**

## **We Can Help**

**Meeting Every Wed 8pm**  
**Holy Redeemer Parish Centre**  
**Herbert Road**  
**Bray Co. Wicklow**  
**(Ring the bell marked Recovery)**

**[www.recoveryireland.ie](http://www.recoveryireland.ie)**

HSE Funded Charity CHY7690

Tel: 01 62 60 775

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