

N^o 49 North Street

SPRING PROGRAMME 2023



	Monday	Tuesday	Wednesday	Thursday	Friday
AM	11am – 12pm Restorative Meditation	9am - 1pm Community Mental Health Clinic <i>By Appointment only</i>	11am - 12pm Mindful Movement	9 am Novas Tenancy Support Clinic <i>By Appointment only</i>	12- 1.30pm Trad & Tunes <i>Informal music making & learning group</i>
				10 -1pm Studio 49 <i>Community recording / studio project</i>	
Afternoon	2 - 4pm Peer Support Group <i>fortnightly</i>	2 - 5pm Recovery & Wellbeing Groups <i>Various groups by referral</i>	3.30.- 5.30pm The Happiness Ensemble <i>Musical improvisation group</i>	2 - 4pm Sound Out <i>The voice & wellbeing. First Thurs of the month</i>	2 - 4pm Ealaíon Art Group
				2 - 3pm Fite Fuaite <i>Informal Irish language group. Last Thurs of the month</i>	
PM			7pm Gamelan Spréacha Geala <i>At Skibbereen Family Resource Centre from 22 February</i>	5:30 - 7pm Aperture 49 Photography	8pm 12 Step Recovery Meeting



All items are weekly unless otherwise stated. Not open on Public Holidays.
Subject to change. For latest information please visit
www.facebook.com/49NorthStreet or e mail: kevin.oshanahan@hse.ie