

# N<sup>o</sup> 49 North Street

SPRING PROGRAMME 2023



	Monday	Tuesday	Wednesday	Thursday	Friday
AM	11am – 12pm <b>Restorative Meditation</b>	9am - 1pm <b>Community Mental Health Clinic</b> <i>By Appointment only</i>	11am - 12pm <b>Mindful Movement</b>	9 am <b>Novas Tenancy Support Clinic</b> <i>By Appointment only</i>	12- 1.30pm <b>Trad &amp; Tunes</b> <i>Informal music making &amp; learning group</i>
			12 -1.30pm <b>A Light Within</b> <i>Open multimedia arts group</i>	10 -1pm <b>Studio 49</b> <i>Community recording / studio project</i>	
Afternoon	2 - 4pm <b>Peer Support Group</b> <i>fortnightly</i>	2 - 5pm <b>Recovery &amp; Wellbeing Groups</b> <i>Various groups by referral</i>	12 -1.30pm <b>Growing Together Gardening</b>	2 - 4pm <b>Sound Out</b> <i>The voice &amp; wellbeing. 1<sup>st</sup> Thurs monthly</i>	2 - 4pm <b>Ealaíon Art Group</b>
			3.30 - 5.30pm <b>The Happiness Ensemble</b> <i>Musical improvisation group</i>	<b>Creative Writing</b> <i>2<sup>nd</sup> Thurs monthly</i>	
PM			7pm <b>Gamelan Spréacha Geala</b> <i>At Skibbereen Family Resource Centre</i>	<b>Fite Fuaite</b> <i>Informal Irish language group. Last Thurs monthly</i>	8pm <b>12 Step Recovery Meeting</b>
				5:30 - 7pm <b>Aperture 49 Photography</b>	



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