

Nº 49 North Street

AUTUMN PROGRAMME 2023



	Monday	Tuesday	Wednesday	Thursday	Friday
AM	11am – 12pm Restorative Meditation <i>From Oct 2nd</i>	11am Community Mental Health Groups <i>Happy Feet monthly Walks from Sept 26th</i>	11am - 12pm Mindful Movement <i>From Sept 27th</i> 12 - 1.30pm Growing Together Gardening <i>From Sept 27th</i>	9 am Novas Tenancy Support Clinic <i>By appointment only</i> 10 - 1pm Studio 49 <i>Community recording / studio project. From Sept 28th</i>	11 - 1.00pm Trad & Tunes <i>Informal music making & learning group</i>
Afternoon	2 - 4pm Peer Support Group <i>fortnightly</i>	2 - 5pm Recovery & Wellbeing Groups <i>Various groups by appointment</i>	12 - 2pm A Light from Within <i>Movement, discussion, creativity & community. From Oct 18</i> 3.30 - 5.30pm The Happiness Ensemble <i>Musical improvisation group. Last Wed of the month</i>	2 - 3pm Fite Fuaite <i>Informal Irish language group. Last Thurs of the month</i> 5:30 - 7pm Aperture 49 Photography <i>All welcome</i>	2 - 4pm Ealaíon Art Group <i>All welcome</i>
PM		6-9 pm Individual Music Lessons <i>for voice, guitar, keyboard – by appointment</i>	7pm Gamelan Spréacha Geala <i>At Skibbereen Family Resource Centre</i>		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

