

Nº 49 North Street

SPRING PROGRAMME 2024



| | Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------|---|---|---|--|--|
| AM | 11am – 12pm Restorative Meditation | 11am Community Mental Health Clinic <i>By appointment only</i> | 11am - 12pm Mindful Movement | 9 am Novas Tenancy Support Clinic <i>By appointment only</i> | 11- 1.00pm Trad & Tunes <i>Informal music making & learning group</i> |
| Afternoon | 2 - 4pm Peer Support Group <i>Fortnightly meeting – text 086 8916619 for further information</i> | 2 - 5pm Community Music Groups | 12 -1.30pm Growing Together Gardening <i>Last Wed of the month</i> | 10 -1pm Studio 49 <i>Community recording / studio project</i> | |
| PM | | 3.30 - 5pm A Light from Within <i>Movement, discussion, creativity & community</i> | 3.30 – 5pm The Happiness Ensemble <i>Musical improvisation group. Last Wed of the month only</i> | 2-3.30pm Nourishing Sound <i>The voice & well being 1st Thu of the month</i> | 2 - 4pm Ealaíon Art Group |
| | | 6:30 - 8pm Lighten Up <i>Alexander Technique Group First Tue of the month</i> | 7pm Gamelan Spréacha Geala <i>At Skibbereen Family Resource Centre</i> | 5:30 - 7pm Aperture 49 Photography <i>Open weekly group</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



HSE
Mental Health
Engagement
& Recovery