

Discovering Recovery



Tuesdays

2.15pm – 4.15pm

12th February – 21st March

- Define your own recovery
- Explore key concepts & tools
- Building hope and resilience
- Taking personal responsibility
- Identifying your needs
- Setting recovery goals
- Role of self-care and supports



To register for a place – Please call 021 4226064

Shine Resource Centre, 14A Washington St West, Cork City