

Self Care to Wellness Programme Autumn Schedule

Location	Date	Time
Mayo Recovery College, GMIT, Castlebar	Monday 16th September	10.30 am to 1 pm
Roscommon PCC	Monday 16th September	10.30 am to 1 pm
Ballyglass	Wednesday 18th September	10.30 am to 1 pm
Castlebar PCC	Thursday 19th September	10.30 am to 1 pm
Galway Recovery College,ILAS, NUIG	Wednesday 25th September	6 pm – 8.30 pm
Claremorris PCC	Monday 7th October	10.30 am to 1pm
Castlerea PCC	Monday 4th of November	10.30 am to 1pm