



Wellness Social Groups

First Friday of the Month	Second Friday of the Month	Third Friday of the month
Lisburn	Newtownards	Downpatrick
Bridge Community Centre Training Room One Railway Street Lisburn BT28 1XP ~ 10:00 – 12:00	Londonderry Park Sport Pavilion Portaferry Road Newtownards BT23 8SG ~ 10:00 – 12:00	Ballymote Centre Main Hall Killough Road Downpatrick BT30 6PY ~ 10:00 – 12:00

Online Wellness Support Groups

<p>Every Monday Via Zoom Peer Conversations 09:30 – 10:30</p> <p>**REGISTRATION IS REQUIRED TO RECEIVE ZOOM DETAILS**</p>
--

Area Activities

Lisburn	Newtownards	Downpatrick
Drama Group	Singing Group	Dance Group
DATE TO BE CONFIRMED	DATE TO BE CONFIRMED	TO BE CONFIRMED

****REGISTRATION IS REQUIRED TO CONFIRM ATTENDANCE DUE TO LIMITED SPACES****

Wellness Recovery Coordinator
James Keenan
 Email: james.keenan@setrust.hscni.net
 Email: WellnessRecoveryNetwork@setrust.hscni
 Mob: 07971329525
 ~
 2nd Floor Lough House, Ards Community Hospital, Church Street, Newtownards, BT23 4AS
 ~
www.facebook.com/wellnessrecoverynetwork