

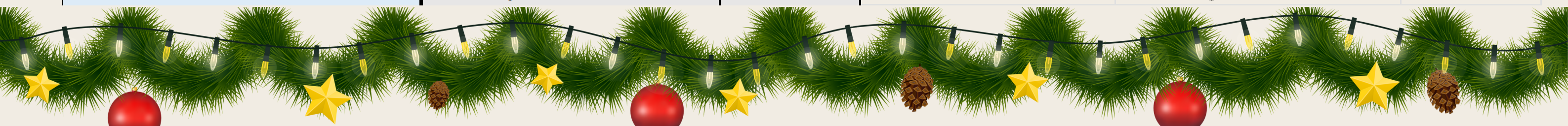


## SUPPORT & SELF CARE GROUPS CHRISTMAS HOLIDAY CALENDAR

Support & Self Care Groups Christmas Holiday Calendar December 2023 and January 2024

There are no groups on Public Holidays: Monday and Tuesday, December 25th and 26th and Monday January 1st

Zoom			Final Group 2023	First Group 2024	
General mood related	Monday	7pm	December 18th	January 8th	
Bipolar specific	Monday	7pm	December 18th	January 8th	
General mood related	Tuesday	5.30pm	December 19th	January 2nd	
General mood related	Wednesday	6.30pm	December 27th	January 3rd	
Bipolar specific	Wednesday	7pm	December 27th	January 3rd	
Relatives & Friends specific	Wednesday	7pm	December 27th	January 3rd	
General mood related	Thursday	7pm	December 28th	January 4th	
General mood related	Friday	1.30pm	December 29th	January 5th	
General mood related	Saturday	11am	December 30th	January 6th	
Face to Face	Day	Time	Final Group 2023	First Group 2024	
Cork	Tuesday	7pm	December 19th	January 2nd	
Cork	Wednesday	7pm	December 27th	January 3rd	
Dublin City	Tuesday	7pm	December 19th	January 2nd	
Dublin, Ballymun	Tuesday	7pm	December 19th	January 2nd	
Dublin City	Wednesday	7pm	December 20th	January 3rd	
Dublin, Leeson St	Saturday	11.30am	December 30th	January 6th	
Galway City	Wednesday	7pm	December 20th	January 10th	
Tralee, Kerry	Tuesday	7pm	December 19th	January 9th	
Limerick	Tuesday	7pm	December 19th	January 2nd	
Waterford City	Tuesday	7pm	December 19th	January 2nd	
Phone In	Day	Time	Final Group 2023	First Group 2024	
General mood related	Sunday	11am	December 31st	January 7th	



WISHING YOU A PEACEFUL CHRISTMAS