

Aiséirí Recovery Retreat



Who the Recovery Retreat is for and what does it offer?

- Anyone who is at least 12 months in consistent recovery from alcohol, drugs or gambling.
- Anyone who would like to gain a deeper insight in to applying the programme of recovery to their lives.
- It is an opportunity to look at the effects of addiction on your life.
- Through support, encouragement and information, it aims to help you learn new ways to cope and improve the quality of your life.
- It will give a space to review where you are at in your recovery and to establish goals that you would like to achieve.
- For those in long term recovery it's a wonderful opportunity to enhance your knowledge and experience of recovery.

Weekend Programme

Friday 3rd October to Sunday 5th October

Booking Form

I wish to reserve a place on the Recovery Retreat Programme
I enclose non-refundable booking deposit of €50.00

Name: _____ Phone: _____

Address: _____

Please return to the Continuum Care Co-ordinator, Aiséirí, Townspark, Cahir, Co. Tipperary
For further information contact Aiséirí Cahir at 052.7441166 www.aiseiri.ie