

# SEPTEMBER 1ST-6TH

## COVID-19

All events will follow public health guidelines and are subject to change. Please follow our social media for updates.



Mon

Aug 31st



**International  
Overdose Day**

Tue

1st

**Ballymun Recovery  
Month Launch**

Streamed online via social

**Recovery Run  
Group Training**

This is a closed group who are training for the Recovery Run

Wed

2nd

**Community Ties**

Delivery of Purple Ribbons to local services.

Thu

3rd

**Recovery Month  
Axis Chat with  
Willa White**

Streamed online via Social Media

**Recovery Run  
Group Training**

This is a closed group who are training for the Recovery Run

Fri

4th

**Reeling in 2019  
Ballymun Does  
Recovery**

Memories of Ballymun Recovery Month 2019 Streamed on Social Media

Sat

5th

**Mindfulness Retreat  
10am-1pm**

Places are limited contact Catriona in BYAP on 01 8428071 for more information

Sun

6th

**Mun Moves 4  
Recovery**

Log your weekly total of kms/minutes on our google form.

## #MunMoves4Recovery

Walk, Run, Swim, Cycle or Exercise in September. Show your support for Recovery by logging your kms and exercise minutes on our google form each week.

**Support Ballymun Recovery. Wear purple.**

**Purple Ribbons available from local services in the community.**



Ballymun Recovery



#ballymunrecovery

# SEPTEMBER 7TH -13TH

**COVID-19**  
All events will follow public health guidelines and are subject to change.  
Please follow our social media for updates.



**Mon**

**Tue**

**Wed**

**Thu**

**Fri**

**Sat**

**Sun**

**7th**

**Spoken Word Theatre Event for BYAP and BFSS**

Contact Catriona in BYAP (01 8428071) or Paul in BFSS (085 to register. Limited places.

**Recovery Speaker**

Zoom meeting contact Brian in BYAP (01 8428071) for Zoom login information

**8th**

**Open NA Meeting**

Zoom meeting contact Brian in BYAP (01 8428071) for Zoom login information

**Recovery Run Group Training**

this is a closed group who are training for the Recovery Run

**9th**

**Spoken Word Theatre Event for STAR**

Contact Katy in STAR (01 8467930) to register. Limited places.

**Celebrate Recovery Garden Games**

Need blurb

**10th**

**Recovery Run Group Training**

this is a closed group who are training for the Recovery Run

**11th**

**12th**

**Mindfulness Retreat 10am-1pm**

Places are very limited contact Catriona in BYAP (01 8428071) for more information

**13th**

**Recovery Month Axis Chat with Brian O'Connell**

Streamed online via Social Media

**Mun Moves 4 Recovery**

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Ballymun Recovery



#ballymunrecovery