

<p><b>East Belfast</b></p> <p>Arches Wellbeing &amp; Treatment Centre 1 Westminster Avenue North, Belfast, BT4 1NS</p>	<p><b>First Thursday in the Month</b> 2 Jan, 6 Feb, 5 Mar, 2 Apr, 7 May, 4 Jun 2 Jul, 6 Aug, 3 Sep, 1 Oct, 5 Nov, 3 Dec</p> <p><b>Time:</b> 10.00am to 12.00pm</p>
<p><b>North Belfast</b></p> <p>Grove Wellbeing &amp; Treatment Centre 120 York Road, Belfast, BT15 3HF</p>	<p><b>Second Wednesday in the Month</b> 8 Jan, 12 Feb, 11 Mar, 8 Apr, 13 May, 10 Jun 8 Jul, 12 Aug, 9 Sep, 14 Oct, 11 Nov, 9 Dec</p> <p><b>Time:</b> 2pm to 4pm</p>
<p><b>West Belfast</b></p> <p>Beech Hall Wellbeing &amp; Treatment Centre 21 Andersonstown Road, Belfast, BT11 9AF</p>	<p><b>Fourth Wednesday in the Month</b> 22 Jan, 26 Feb, 25 Mar, 22 Apr, 27 May, 24 Jun 22 Jul, 26 Aug, 23 Sep, 28 Oct, 25 Nov *No session in December due to public holiday</p> <p><b>Time:</b> 10.00am to 12.00pm</p>
<p><b>West Belfast (New)</b></p> <p>Shankill Wellbeing and Treatment Centre 83 Shankill Road Belfast BT13 1PD</p>	<p><b>Third Thursday of each month</b> 16 Jan, 20 Feb, 19 Mar 16 Apr, 21 May, 18 Jun 16 Jul, 20 Aug, 17 Sep, 15 Oct, 19 Nov, 17 Dec</p> <p><b>Time:</b> 10am to 12pm</p>
<p><b>East Belfast</b></p> <p>Orangefield Presbyterian Church 464 Castlereagh Road Belfast BT5 6BH</p>	<p><b>Second Monday of each month</b> 13 Jan, 10 Feb, 9 Mar, 13 Apr, 11 May, 15 Jun *No session due to holidays. 10 Aug, 14 Sep, 12 Oct, 9 Nov, 14 Dec</p> <p><b>Time:</b> 10am to 12pm</p>
<p><b>South Belfast</b></p> <p>Knockbreda Wellbeing &amp; Treatment Centre 110 Saintfield Rd Belfast BT8 6GR</p>	<p><b>Fourth Friday of each Month – Trial Period</b></p> <p>28 February 27 March 24 April</p> <p><b>Time:</b> 4pm to 6pm</p>
<p><b>Harvester House (Day Time Session)</b></p> <p>4-8 Adelaide St, Belfast BT2 8GA</p>	<p><b>Second Tuesday of each month</b> 14 Jan, 11 Feb, 10 Mar, 14 Apr, 12 May, 9 Jun 14 Jul, 11 Aug, 8 Sep, 13 Oct, 10 Nov, 8 Dec</p> <p><b>Time:</b> 10am to 12pm</p>
<p><b>Harvester House (Twilight Session)</b></p> <p>4-8 Adelaide St, Belfast BT2 8GA</p>	<p><b>First Tuesday each month</b> 7 Jan, 4 Feb, 3 Mar, 7 Apr, 5 May, 9 Jun, 7 Jul 4 Aug, 1 Sep, 6 Oct, 3 Nov, 1 Dec</p> <p><b>Time:</b> 5.30pm to 7.30pm</p>

**For enquiries please contact:**

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