

HARBOUR

AYRSHIRE

Your shelter from the storm of addiction

You're welcome to our

MEN ONLY

TIME

KILBIRNIE

Come along and share your story

SUPPORT WITH ADDICTION
AND INTER-RELATED
PROBLEMS, MENTAL
HEALTH, HOMELESSNESS,
BEREAVEMENT AND OTHER
SOCIAL ISSUES

EVERY WEDNESDAY
6.30pm – 8pm

BRIDGEND COMMUNITY
CENTRE, 17 BRIDGEND,
KILBIRNIE KA25 7DJ

WEEKLY CHECK-IN | REFLECTION | WORKSHOPS



www.harbourayrshire.co.uk
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