



AYRSHIRE  
**HARBOUR**

*Your shelter from the storm of addiction*



# **WOMEN'S WELLBEING**

## **IRVINE**



**WEEKLY CHECK-IN | REFLECTION | WORKSHOPS**

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

**EVERY MONDAY 1.00pm - 2.30pm**  
**Fullarton Connexions**  
**Church Street, Irvine KA12 8PE**



Harbour Ayrshire  
is a Scottish Charitable  
Incorporated Organisation