

You are not alone. Recovery is possible. Let's walk this path together.

Community Spotlight: Maria's Story

"I didn't think I'd ever feel whole again. But when I walked through the doors at Drug Wise, I wasn't just another case—I was a person. They saw me."

Maria's journey from addiction to healing reminds us why we do what we do. Recovery is real. And it's worth it.

Do you have a story to share? We'd love to hear from you.

™ Email: stories@drugwisedublin.ie

Type Upcoming Events

- Recovery Café Every Friday @ 6 pm Join us for tea, connection, and recovery chats in a safe, stigma-free space.
- Mental Health Mondays (Online)
 Free Zoom sessions every Monday evening.
 Topics include anxiety, relapse prevention, and mindfulness.
- ⑦ Drug Awareness Week June 10–14 Workshops, school talks, and community outreach across Dublin. Volunteers welcome!

Did you know?

Ireland ranks among the highest in Europe for drug-related deaths per capita. But community-led responses like ours change the story.

Our team has supported over 300 people this year alone on their path to recovery. That's not just a number—it's a ripple of hope.





In This Issue:

- Recovery Spotlight: James's Journey From Isolation to Empowerment
- Expert Advice: 5 Practical Steps to Beat Cravings
- Upcoming Events: Free Support Group Meetings & Online Workshops
- Wellness Corner: Coping with Anxiety in Recovery
- Get Involved: Volunteer & Peer Support Opportunities

Recovery Tip of the Month

"You don't have to see the whole staircase—just take the first step."

- Martin Luther King Jr.

Small actions matter. Whether it's attending a support group or journaling your thoughts, each positive choice adds up to lasting change.

To Upcoming Events in Dublin:

- Recovery Support Group Every Wednesday at 7PM
- Online Workshop: Managing Triggers and Cravings June 14th
- Family Support Evening June 21st, 6PM at the Recovery Centre

Have a Story to Share?

If you or someone you know has a recovery journey that could inspire others, we'd love to feature it in a future newsletter. Email us at: stories@drugwisedublin.ie

MGet Support, Stay Connected

Visit our website for daily recovery resources, 1-to-1 counseling options, and a safe space to learn and grow:

www.drugwisedublin.ie

Follow us on social media for updates, stories, and daily motivation:

⊚Instagram | 🏏 X | 🔷 Soundcloud







• Theme: Finding Strength in Support

This Month's Message:

Recovery doesn't happen in isolation—it grows through connection. Whether it's sharing your story, attending a meeting, or simply asking for help, every moment of support strengthens your foundation.

This Month:

- Recovery Walk in Phoenix Park – July 12, 10AM
- Mindfulness in Recovery Workshop (Online) – July 18, 7PM
- Family & Friends
 Support Group –
 Every Thursday at
 6PM





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• Theme: Coping with Setbacks

This Month's Message:

Relapse or setbacks don't mean you've failed—they're part of many recovery journeys. What matters most is how you respond. Forgive yourself, reflect, and recommit. Healing is still possible, and every day is a fresh start.

To Upcoming Support Events:

- Resilience & Recovery Webinar August 8, 6PM
- In-Person Art Therapy Group August 15, 5:30PM
- Relapse Prevention Group Mondays, 7PM at City Centre



Stories

Discover inspiring journeys from people who've faced addiction and found their way to recovery. These real-life stories aim to educate, build...

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