

BOOK CLASS CONTRACTIONS BELIEVER CONTRACTIONS

"Hitchhiker's Guide To The Galaxy"- Your Next Great Read

June 9th, 11am - 12.30 pm

ADAMS

HITCH-HIKER'S GUIDE THE GALAXY A MANNA MELGAIMAN The Book Club focuses on all types of books but mostly focuses on self-development and mental wellbeing. However, it will embrace all forms of writing from poetry

to classics to thrillers. The aim of the group is to celebrate the pleasure of a good book, share thoughts and ideas, and meet. As with everything in the Belfast Recovery College inclusivity lies at its very heart and everyone over 16 is welcome. There is no fee to join and the coffee is free but you will need to purchase the book of the month yourself or get it from the local library either as an eBook or hard copy or audiobook.

Booking essential email: recoverycollege@belfasttrust.hscni.net phone: 02895043059

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