



OPEN HEART HOUSE – A Positive Outlook

Guide to Weekly Facilities & Services



Tel: 00 353 (1) 8305000 E-mail: info@openhearthouse.ie or www.openhearthouse.ie

DAYS & OPENING HOURS	MEAL TIMES	PERSONAL GROWTH & WELLNESS PROGRAMME <i>HOLISTIC TREATMENTS/EDUCATION/ARTS</i>		SOCIAL SPACES	Daily Services <ul style="list-style-type: none"> ▶ Coffee Dock ▶ Meditation Room ▶ Internet Facility ▶ Daily Newspapers ▶ TV/Reading Area ▶ Pool Table ▶ Laundry Facility ▶ Welfare Information ▶ HIV/AIDS info. Fitness Studio <ul style="list-style-type: none"> ▶ Fully equipped Gym ▶ Shower/changing facilities ▶ Personal fitness programmes <p style="text-align: center;"><u>N.B. Bring a towel</u></p> <p style="text-align: center;">Ask at reception for more details. (Tel: 01-8305000</p>
▼ MONDAY 2.30- 8.30pm	▼ Dinner served at 6.00pm NB: <u>Members Only</u> Night From 5-8.30pm	▼	▼	▼ Women's Back to Work Initiative	
TUESDAY 11.00 - 5.00pm	Three-course Lunch Served at 1pm	Spiritual Healing Reflexology Holistic Massage Counselling Services	1-1 Literacy Tuition Chiroprapist (monthly) (Tel: OhH Receptionist)	Monthly 1 st Tuesday Gay Club 6.30pm – 9.00pm	
WEDNESDAY 11.00 - 5.00pm	Three-course Lunch Served at 1pm	Acupuncture Massage Counselling Services	Back to Education Initiative Arts/Craft Class 12.00 – 3.00pm In Coffee Dock.	Women's Space 1 st & 3 rd Wednesday of each month 2.00 - 5.00pm	
THURSDAY 11.00 - 8.30pm	Lunch Soup & Sandwiches Served at 1pm Three-course Dinner Served at 6.00pm	Counselling Services Reflexology Acupuncture Reiki Polarity Spiritual Healing	Spiritual Healing 1-1 Literacy Tuition		
COST	3 Course Meal €1.50 Guest Meal €3.00	Holistic Therapy €2.00 Group Therapy €1.00	Counselling €3.00		

Note: Counselling Services are confidentially booked through D.O'Duffy.