



September was International Recovery Month – the worldwide celebration of recovery from addiction. The recovery movement is represented by the colour purple.

Sankalpa celebrated International Recovery Month along with the rest of the world. Sankalpa is a drug and alcohol addiction treatment centre for men and women from Finglas & Cabra.

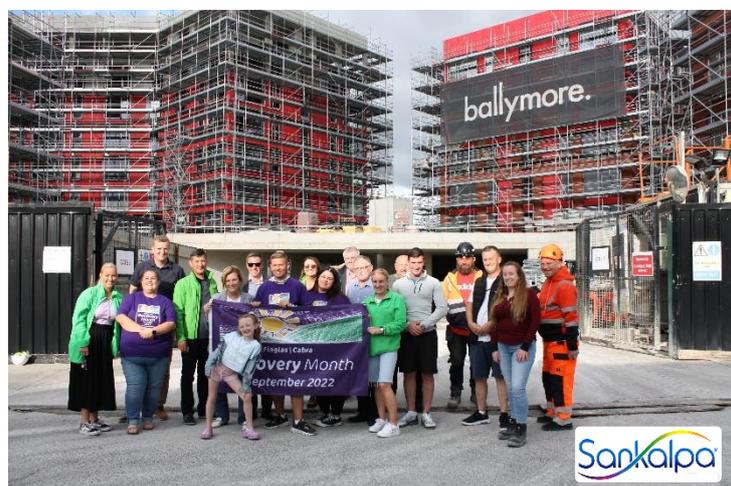
Sankalpa sits in the heart of these communities, on the Ballyboggan Road where Finglas and Cabra meet. Sankalpa hosted a programme of events to raise awareness that with the right help, recovery from addiction is possible.

Mick Williams, Manager of Sankalpa, said “Sankalpa knows how the lives of people living with addiction can be changed through personalised recovery pathways. Sankalpa’s four treatment programmes and Aftercare Club are changing lives – not only the life of each person in recovery, but also everyone else in their life, and those they have yet to meet. Sankalpa makes recovery possible.”

In true community spirit, Ballymore, close neighbours of Sankalpa and the developer of the 8th Lock construction project on the Cabra Road, lit up one of their buildings on the Cabra flyover every evening for the month of September 2022, in support of people in recovery in our community.

Enda O’Rourke, Project Director, said “Sankalpa are doing invaluable work in our community and Ballymore are proud to support them in the annual recovery month event this September.

People with addiction face stigma on a daily basis, and access to education and employment is challenging or denied. Behind every person in recovery lies a personal history - often trauma.





Sankalpa have been leading the way in how they approach substance use and mental health issues. My name is Debbie and I currently deliver a Mental Health Awareness & Mandala Art Workshops the participants that I have worked with are attending a drug free day program and the stabilizations programmes at Sankalpa, Dublin 11.

In an ongoing effort to reduce stigma/harm and support recovery around people with co – occurring mental health and substance use commonly known as Dual Diagnosis my workshop runs for 6 weeks. The purpose is to provide participants with the tools on how to recognise the signs and symptoms of mental illness and help them pursue dignified lives.

I also encourage participants to create a therapeutic Mandala. Besides an information morning on our current mental health system, we also explore through poetry and simple interactive exercises. The Mandala artwork is not about the final product but the journey the participants create for themselves. Been open and curious I give the class free rein without judgement this personal space to create something very personal and meaningful.

Allowing the class to disconnect from the world they can focus on themselves. We use colours, symbols, print outs, quotes, and affirmations to create a collage of what is been expressed. It is deeply meditative and healing and is a very rewarding journey of self-discovery.

