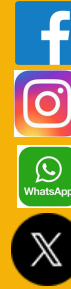


What's on guide

16+



BORDERS IN RECOVERY

Free weekly groups run by people with lived experience of recovery (substances, mental ill health) for people who are in recovery and their family & friends.

MONDAY

SMART Recovery meeting.
Parish Church
High Street
Peebles
12.30-1.45pm

Recovery Cafe
Parish Church
Peebles
2-4pm

TUESDAY

Music group
TD1 Youth Hub
Ladhope
Vale
Galashiels
11-1pm

Family group
Focus Centre
Galashiels
1-2.30pm

WEDNESDAY

Recovery Cafe
Evergreen Hall
Hawick
3.30-5.30pm

Family group
Burnfoot Hub
Hawick
4-5.30pm

THURSDAY

Women's SMART Recovery meeting.
Focus Centre
Galashiels
11-1pm

Recovery Cafe
Parish Church
Victoria Road
Eyemouth
11-2pm

FRIDAY

SMART Recovery meeting.
Focus Centre
Galashiels
3-4.30pm

Recovery Cafe
Focus Centre
Galashiels
5-7pm

SATURDAYS @ Focus Centre, Galashiels
Breakfast Club (family friendly) 10-12noon

Ask about our What's App group chat & Recovery Coaching course!

www.bordersinrecovery.org

Supported by:

