



16+



Book here!

This course is suitable for women at any stage of their recovery journey. This course provides a safe, supportive, and empowering environment to build resilience, develop new skills, and step out of your comfort zone. Delivered by female trainers with lived experience, our sessions are interactive and fun, encouraging participants to reflect on and share their recovery journeys while learning practical and transformative concepts.

- Interactive sessions delivered by trainers with lived experience.
- Opportunities to reflect, learn, and share your journey.
- Fun, structured learning designed to empower you.

Spaces are limited!

Make January the month you take the next step on your recovery journey. We're here to support you every step of the way.

**you need to attend all five days*

**January 2024 - 14/15/21st/22nd
and 28th Jan 10-4pm**



**The Focus Centre, Livingstone Place,
Galashiels**

