

What's on guide

16+



BORDERS IN RECOVERY

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

MONDAY

Peebles

Parish Church
High Street
SMART
12.30-1.45pm

Recovery
Cafe
2-4pm

Eyemouth

Recovery Cafe
Parish Church
Victoria Road
11-1pm

TUESDAY

Galashiels

TD1 Youth
Hub
Ladhope Vale
Music group
11-1pm

WEDNESDAY

Hawick

Evergreen
Hall, Dovecote
street
Recovery Cafe
3.30-5.30pm

THURSDAY

Galashiels

Focus Centre
Women's
SMART
11-1pm

FRIDAY

Galashiels

Focus Centre
SMART
3-4.30pm

Recovery
Cafe and
Self Care &
Wellbeing Hub
5-7pm

www.bordersinrecovery.org

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

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

Supported by: Recovery Coaching Scotland
Recovery, Resilience and Trauma Coaching

Scottish Borders
COUNCIL

COMMUNITY
FUND

we are
withyou
in Borders

SMART Recovery®