



BORDERS IN RECOVERY

RECOVERY CAFE *16+*

**RUN BY PEOPLE WITH LIVED EXPERIENCE OF
RECOVERY**

**"THE OPPOSITE OF ADDICTION IS NOT SOBRIETY;
IT'S CONNECTION" JOHANN HARI**

**5-7PM ON FRIDAYS @ THE FOCUS CENTRE,
GALASHIELS**



WWW.BORDERSINRECOVERY.ORG

SUPPORTED BY:

**we are
withyou**
in Borders



Recovery Coaching Scotland
Recovery, Resilience and Trauma Coaching

**Youth
Wellbeing
Coaching
CIC**