

# What's on guide

16+



**Free** weekly groups run by people with lived experience of recovery (substances, poor mental 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

Recovery Cafe  
Community Centre  
Abbey Row  
Kelso  
4-6pm

## WEDNESDAY

Recovery Cafe  
Evergreen Hall  
Dovecote Street  
Hawick  
3.30-5.30pm

Family group  
Burnfoot Hub  
Hawick  
4-5.30pm



## THURSDAY



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

## FRIDAY

SMART Recovery meeting.  
Focus Centre  
Galashiels  
3.30-4.30pm

Recovery Cafe  
Focus Centre  
Galashiels  
5-7pm

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



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

 Scottish Borders COUNCIL

 COMMUNITY FUND

 we are withyou  
in Borders

[www.bordersinrecovery.org](http://www.bordersinrecovery.org)