

Outdoor Recovery Group



- Are you securely in recovery (from substances)?
- Would like to connect with others in a therapeutic environment?
- Are looking for something positive to do in the outdoors?
- Do you wish to improve your wellbeing?



If yes, then come and join us at
'Together we recover in Nature'!

Tuesdays, 10am-2pm
Drygrange Community Woodland
Free of charge
Refreshments & lunch provided
10 weeks (taster session 22nd April)



"I feel like I've come home."

"We're all welcome here. We're all equal."

"It's good to get out the house and meet people."

Run by a friendly team
with lived experience of
recovery, and/or
family/friends in recovery

www.natureunlimited.scot

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