



BORDERS IN RECOVERY

Galashiels SMART Recovery Meeting

A SMART recovery meeting is a facilitated programme that provides training & tools for people who want to change their problematic behaviour relating to substance use.

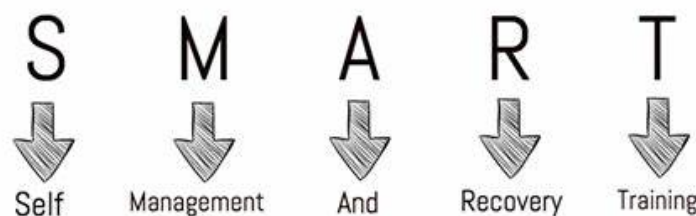
Weekly on Fridays
3-4.30pm @ The Focus
Centre, Galashiels



16+



Borders in Recovery is run by people with lived experience of recovery for people in recovery & their family and friends.



Join us!

www.bordersinrecovery.org

