



# Women's 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 Thursdays  
11-1pm @ The Focus  
Centre Galashiels



**SMART** Recovery®  
Life beyond addiction

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

