

What's on guide

16+



Free weekly groups run BY people who are in recovery from substance use FOR people who are in recovery and their families

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Peebles

Parish Church
High Street
SMART
12.30-1.45pm
Recovery
Cafe
2-4pm

Eyemouth

Recovery Cafe
Parish Church
Victoria Road
11-1pm

Galashiels

TD1 Youth Hub
Ladhope Vale
Music group
11-1pm

Galashiels

Focus Centre
Women's
SMART
11-1pm

Hawick

Evergreen
Hall, Dovecote
street
SMART
2.15-3.15pm
Recovery Cafe
3.30-5.30pm

Ask about our What's
App group chat &
Recovery
Coaching course!

Galashiels

Focus Centre
SMART
3-4.30pm
Recovery
Cafe and Self
Care &
Wellbeing
Hub
5-7pm

SATURDAYS @ Focus Centre, Galashiels

Breakfast Club (family friendly) 10-12noon

www.bordersinrecovery.org

Supported by:



we are
withyou



SMART Recovery®