

# 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

Follow us on social media for  
news & updates.  
Ask about our What's App group  
chat & Recovery Coaching  
course!

Galashiels  
Focus Centre  
SMART  
3-4.30pm  
Recovery Cafe  
5-7pm

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

www.bordersinrecovery.org

Supported by:



we are  
withyou

