



EMPOWER HER

Women's SMART Recovery & Wellbeing Group

A safe, welcoming space for women to build recovery, confidence and connection.

What is it?

- ✓ Weekly SMART Recovery® group
- ✓ Guest speakers sharing lived experience and expertise
- ✓ Holistic wellbeing activities – mindfulness, creativity, relaxation and more
- ✓ Space to talk, listen and support each other

Who is it for?

- ✓ In recovery or thinking about making changes
- ✓ Affected by someone else's alcohol or drug use
- ✓ Looking for connection, support and new tools for wellbeing

🕒 **Wednesdays, 11:00am – 1:00pm**

📍 **The Focus Centre, Galashiels**

💖 **Free to attend**

Want to join us?

Just come along on the day or get in touch to find out more:

- Speak to your worker or support service
- Message **Borders in Recovery** on social media

Empower Her – supporting women to grow, recover and thrive together.