

Open Daily for Support, Phone & Video Recovery Coaching. Regularly Posting support, Resources & Entertainment on Social Media.

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--|--|--|--|--|--|
| 10:00 – 11:00 am Weekend Reflection (Pre Register) | 10:00 - 12:00pm Relapse Prevention – (Pre Register) | | 10:00-12:00pm PMOIMR (Pre Register) | 10:00-11:00am Recovery Café (Open Access) | | |
| | | 2:00-3:00 pm Peer Support Group (Open Access) | | | 12:00 -4:00pm Phone lines and online support including | 12:00 -4:00pm Phone lines and online support |
| | 5:00pm - 7:00pm Support Group (Pre Register) | | | | 2:00-3:00 pm Peer Support Group (Open Access) | |
| <p>Call 02920 227019 or text on 07767 113704 or follow us on social media for more information & how to join our groups! Our virtual groups are run by Zoom 😊</p> | | | | | | |



Contact us for more information

Call: 02920 227019 / 07767113704

 Twitter: @recoverycymru

 Insta: @recoverycymru

 Facebook: Recovery Cymru

Virtual Groups Wherever possible we will follow a similar format to our usual groups but will make amendments when needed.**

This might mean some of the resources or group structure change.

Weekend Reflection

Weekend Reflection Group is an opportunity to talk about your weekend with your peers in a non-judgemental, confidential environment. It is a pre registered group, which means that it is closed to RC members.

Relapse Prevention/Awareness

This online course provides support and training to help you manage and prevent relapses. It includes sessions on understanding the relapse cycle, triggers and high-risk situations, coping with urges and cravings and maintaining your recovery. It is a pre registered group, which means that it is closed to RC members.

Peer Support Group

An informal group to be able to talk and discuss your recovery as well as gain support from peers . This is an open access group.

Peer MOIMR

The Moving on in my Recovery (MOIMR) Group is a 12 week, peer-led course which covers different aspects of recovery, including mental wellbeing, peer support, relapse prevention and lifestyle balance. There are also opportunities to received training and eventually facilitate groups yourself! It is a pre registered group, which means that it is closed to RC members.

Support Group

A weekly support group on Tuesday evenings to talk with your peers in a non-judgemental, confidential environment . It is a pre registered group, which means that it is closed to RC members.

Recovery Cafe

This is a less formal setting open to individuals in or seeking recovery for a chance to feel part of a community and connect. Whilst we are unable to offer you an open access centre, we can offer you an open access “virtual ”space ☺. This is an open access group.

Definitions

Pre Registered Group: These groups will need pre registration to ensure we can accommodate numbers as they are more structured groups. RC members will have priority.

Open Access Group: These are less structured groups and you do not need to pre register. These are available for all in or seeking recovery.