

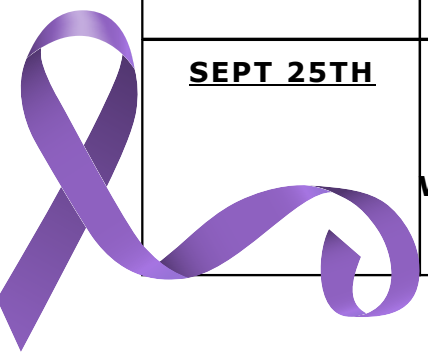
# JOIN US TO CELEBRATE RECOVERY MONTH SEPTEMBER 2023!!

## GET IN TOUCH FOR MORE DETAILS



**MONDAY      TUESDAY      WEDNESDAY      THURSDAY      FRIDAY      SATURDAY      SUNDAY**

				<b>SEPT 1ST LAUNCH WEAR PURPLE FOR RECOVERY MONTH!</b>	<b>SEPT 2ND</b>	<b>SEPT 3RD</b>
<b>SEPT 4TH LAUNCH OUR RECOVERY TREES</b>	<b>SEPT 5TH</b>	<b>SEPT 6TH</b>	<b>SEPT 7TH 1-3PM REC MONTH COMMUNITY ACTIVITY: TEA PARTY</b>	<b>SEPT 8TH</b>	<b>SEPT 9TH 1-3PM WOT WITH RECOVERY WELLBEING COLLEGE</b>	<b>SEPT 10TH DROP INTO THE RECOVERY CENTRE - RECOVERY TREES</b>
<b>SEPT 11TH 1-3PM WOMENS GROUP CARDIFF</b>	<b>SEPT 12TH 5-7PM REC MONTH TRUSTEE CELEBRATION</b>	<b>SEPT 13TH</b>	<b>14TH SEPT 1-3PM REC MONTH COMMUNITY ACTIVITY:OPEN HOUSE</b>	<b>SEPT 15TH</b>	<b>SEPT 16TH</b>	<b>SEPT 17TH</b>
<b>SEPT 18TH</b>	<b>SEPT 19TH 1-3PM RECOVERY MONTH STAFF SESSION</b>	<b>SEPT 20TH 10-12 WHO AM I IN RECOVERY? SESSION WITH RECOVERY &amp; WELLBEING COLLEGE</b>	<b>SEPT 21ST 1-3PM RC/CAVDAS MINDFULNESS WELLBEING EVENT</b>	<b>SEPT 22ND 10AM-12PM SPECIAL RECOVERY QUIZ</b>	<b>SEPT 23RD 1-3PM WOT</b>	<b>SEPT 24TH</b>
<b>SEPT 25TH</b>	<b>SEPT 26TH 10AM-12PM WOMENS GROUP VALE</b>	<b>SEPT 27TH</b>	<b>28TH SEPT 1-3PM REC MONTH COMMUNITY ACTIVITY: FAMILY EVENT</b>	<b>SEPT 28TH</b>	<b>SEPT 29TH</b>	<b>SEPT 30TH LAST DAY TO ADD TO OUR RECOVERY TREES!</b>





# **EXPLORE RECOVERY MONTH!**

## **WEAR PURPLE FOR RECOVERY MONTH:**

Throughout this special month, we invite you to show your solidarity by wearing the colour of hope and transformation – purple! Make sure to snap a pic and show us on social media!

## **RECOVERY TREES:**

Pop in and add something to our recovery trees – an affirmation, celebration of recovery or dedication to someone we have loved and lost. You have until Sept 30th to add your thoughts to the trees!

## **RECOVERY MONTH COMMUNITY ACTIVITY: TEA PARTY:**

Join us for a heartwarming tea party during Recovery Month, where we'll come together to celebrate resilience, share stories and foster a sense of community and connection.

## **WOMENS GROUPS - CARDIFF & VALE:**

Come and be part of our special Women's Group in Cardiff and The Vale as we celebrate Recovery Month, offering a safe and supportive space for empowerment and connection. Celebrating and exploring women's issues in recovery

## **RECOVERY MONTH TRUSTEE CELEBRATION:**

Come and celebrate recovery month with our amazing trustees. Food, music, stories, fun and hope!

## **RECOVERY MONTH COMMUNITY ACTIVITY: OPEN HOUSE:**

Calling all referrers!! Come and visit the recovery centre, learn more about our programmes, eat cake and explore how we can better work together!

## **WHAT'S OUT THERE?? WITH RECOVERY WELLBEING COLLEGE:**

Join us for a special What's Out There with our friends and partners in the Cardiff and Vale Recovery & Wellbeing College. A mindful recovery inspired walk in Bute Park.

## **RECOVERY MONTH STAFF SESSION:**

A special staff session during Recovery Month, where we reflect on our collective journey, inspire one another, and chart the course for continued growth and impact.

## **RC/CAVDAS MINDFULNESS WELLBEING EVENT:**

Nurturing the mind, body, and soul with our Mindfulness Wellbeing Event, organised by the Recovery & Peer Team for colleagues and service users alike! Join us for a transformative experience with the SAMYE Foundation.