

Group Timetable

CAVDAS Peer Space - 2-10 Holton Rd CF63 4HD

	Monday	Tuesday	Wednesday	Thursday	Friday
AM	<p>10am-12pm Service User Coffee Morning</p>	<p>10am-12pm Women's Group</p>	<p>10.30am-12.30pm Relapse Prevention</p>	<p>1-2.30pm Making Changes: NUDGE (5-week prog - Closed)</p>	<p>10am-12pm Self-help</p>
PM				<p>2-3pm Support Group</p>	

Group Overviews

CAVDAS - 2-10 Holton Rd, Barry CF63 4HD

Service User Coffee Morning

An inclusive coffee morning where individuals with substance use challenges and in recovery can connect, share stories, and find support in a welcoming and non-judgemental space. Discover the warmth of compassionate connections and empowering conversations.

Women's Group

A chance to check in, chat, play some games, and have a laugh with ladies in a friendly and safe environment.

Relapse Prevention

A 12-week programme offering insights, techniques, and support in managing recovery, lapse, and relapse. Whilst structured it's fully participatory and peer-led. Looks at relapse cycle, triggers, urges and cravings, awareness, and avoidance of high-risk situations, and maintaining your recovery whatever that means to you.

Peer Support Group

A peer led chance to check in and discuss whatever is on your mind whether recovery or general life. Content is set by whatever people bring and a chance to support each other with no content or hierarchy.

Making Changes: NUDGE

The NUDGE programme focuses on regaining balance, examining the impact of destructive behaviours, finding out what matters and taking steps to make small changes to benefit participants' mental wellbeing.

Self-Help

Individuals come together to embark on a transformative journey of self-discovery and personal development. Discover a safe and nurturing environment, filled with practical tools and unwavering support, as we help you unlock your true potential and embrace a life of self-help and personal growth.