

Family and Friends Peer Support Groups



Where and When

Thursdays 12:30-13:30pm
(Online - get in touch to join!)

Sundays - 18:00 - 19:30pm
(Recovery Centre, 218 Cowbridge
Road East, Canton. CF5 1GX)



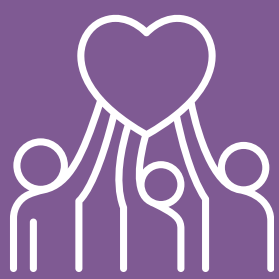
Who We're Here For

Our peer support groups are for anyone concerned or affected by someone else's substance use or recovery.



What We Cover

- **Offload:** Share what's going on for you in a safe and confidential space with no judgement
- **Coping Techniques:** Learn together, sharing tools, techniques, and experiences to navigate your situation.
- **Community Connection:** Join a supportive community, take some time out for you, feel lighter and share a laugh



Get Involved

- ☎ 02920 227 019 - 07944 851 050
- ✉ familyandfriends@recoverycymru.org.uk
- 🌐 www.recoverycymru.org.uk
- 📍 Recovery Centre, 218 Cowbridge Road East. CF5 1GX

