

Family and Friends Peer Support Groups



Where and When

Mondays
14:00-15:00pm
St John's Cres,
Cardiff CF5 1NX

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

Sundays
18:00-19:30pm
Recovery Centre,
218 Cowbridge
Road East, 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

