

# Peer Group Timetable including Online Options

The Recovery Centre - 218 Cowbridge Rd E, Cardiff CF5 1GX

|           | Monday  | Tuesday  | Wednesday                                   | Thursday  | Friday   | Saturday                                       | Sunday   |
|-----------|---|--|---|---|--|--|--|
| <b>AM</b> | 10-11am<br>Weekend<br>Reflection<br>(In person)   | 10am-12pm<br>Relapse<br>Prevention<br>(Online)               | 10am-12pm<br>Self-help Group<br>(In person) | 10am-12pm<br>PMOIMR<br>(Hybrid)                               | 10am-12pm<br>Recovery Cafe<br>(Hybrid)         | 9am-5pm<br>Open Access/<br>Phone Support       | 9am-5pm<br>Open Access/<br>Phone Support                     |
|           | 10am-12pm<br>Relapse<br>Prevention<br>(In person) | 10am-12pm<br>Family & Friends:<br>Chatty Cups<br>(In person) |   |   |  |  | 1pm-3pm<br>PMOIMR<br>(In person)                             |
| <b>PM</b> | 1-3pm<br>Women's Group<br>(Hybrid)                | 5-7pm<br>Support Group<br>(Online)                           | 2-3pm<br>Support Group<br>(In person)       | 12.30-1.30pm<br>Family & Friends<br>Support Group<br>(Online) | 2-3pm<br>Weekend<br>Preparation<br>(In person) | 1-3pm<br>WOT??<br>(Fortnightly - In<br>person) | 2-3pm<br>Peer Support<br>Group<br>(Online)                   |
|           |   |  |   | 1-3pm<br>Community<br>Activities<br>(In person)               | 6-7pm<br>Support Group<br>(Online)             | 2-3pm<br>Support Group<br>(Online)             | 6-7.30pm<br>Family & Friends<br>Support Group<br>(In person) |

Open Access 7 Days a Week

# Peer Group Overviews

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| <b>Weekend Reflection</b>                   | The perfect start to the week and a gentle way to build a routine. Weekend reflection is an opportunity to discuss the past weekend and discuss plans and hopes for the forthcoming week. Safe, like-minded, and confidential.  |
| <b>Women's Group</b>                        | A chance to check in, chat, play some games, and have a laugh with ladies in a friendly and safe environment.   |
| <b>Relapse Prevention</b>                   | 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.   |
| <b>Peer Support Group</b>                   | 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.   |
| <b>PMOIMR</b>                               | Our 12-week* peer-created and led course that draws on the needs and experiences of UK-wide peer support groups and evolves with them. Dealing with all aspects of life with a recovery focus including loss, mental health, and work-life balance, facing these with peers and those of lived experience gives a maintainable and manageable approach to one's recovery. Designed to start at any point. |
| <b>Community Activities</b>                 | What activities you may ask? It can be anything! Varying from creative sessions, and wellbeing tasters to learning languages. Advertised weekly.  |
| <b>Recovery Cafe</b>                        | Come along to share a cuppa, have a check-in and participate in a quiz with peers. An opportunity to relax ahead of the weekend.  |
| <b>Weekend Preparation &amp; Relaxation</b> | Having your back when it comes to the struggles the weekend can bring, this group sets you up with the right mindset to navigate social pressures and more, as well as provide a peaceful place to unwind.  |
| <b>What's Out There (WOT)?</b>              | A fortnightly get-together of members and friends. It alternates between the Vale & Cardiff. As simple as a beach walk to boating down the bay this is an opportunity to make connections, build friendships and expand horizons in a gentle and supportive way. Friends and family welcome.  |
| <b>Family and Friends Group</b>             | Our Family and Friends Group provides a compassionate and understanding space for loved ones navigating the challenges of a family member's substance use, fostering support, empathy, and shared experiences.  |
| <b>Family and Friends: Chatty Cups</b>      | A relaxed, friendly space for family and friends supporting someone through substance use and recovery. Grab a cuppa, share stories, and connect with others who understand.  |