

Family and Friends Peer Support Groups

Let's Talk: Real Stories, Real
Support, Real Growth



Who We're Here For

Our peer support groups offer connection and support for anyone affected by someone else's recovery or use of alcohol and other drugs, with regular peer-led groups and guest speaker sessions.



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

Sundays
18:00 - 19:30pm
Recovery Centre

Wednesdays (monthly)
1:30 - 3:30pm
Recovery Centre



Get Involved

Want to join us? Check out our latest groups and activities on our website or give us a call!

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

