

Peer Group Timetable including Online Options

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	10-11am Weekend Reflection (In person)	10am-12pm Relapse Prevention (Online)	10am-12pm Self-help Group (In person)	10am-12pm PMOIMR (Hybrid)	10am-12pm Recovery Cafe (Hybrid)	9am-5pm Open Access/ Phone Support	9am-5pm Open Access/ Phone Support
	10am-12pm Relapse Prevention (In person)						1pm-3pm Pathways to Growth (In person)
PM	1-3pm Women's Group (Hybrid)	5-7pm Support Group (Online)	1.30-3.30pm Family & Friends: Insight Sessions (Monthly - In person)	1-3pm Community Activities (In person)	2-3pm Weekend Preparation (In person)	1-3pm WOT?? (Fortnightly - In person)	2-3pm Peer Support Group (Online)
			2-3pm Support Group (In person)		6-7pm Support Group (Online)	2-3pm Support Group (Online)	6-7.30pm Family & Friends Support Group (In person)

Open Access 7 Days a Week

Weekend Reflection	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.
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.
PMOIMR	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.
Community Activities	What activities you may ask? It can be anything! Varying from creative sessions, and wellbeing tasters to learning languages. Advertised weekly.
Recovery Cafe	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.
Weekend Preparation & Relaxation	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.
What's Out There (WOT)?	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.
Family and Friends Group	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.
Family and Friends: Insight Sessions	A monthly session for family and friends to connect, learn, and gain insights from guest speakers on topics related to supporting loved ones and navigating recovery journeys.
Pathways to Growth	An alternating group offering a 12-week peer-led course, 'Peer Moving On in My Recovery,' addressing life challenges with a recovery focus, and a 6-week structured 'Self-Help Handbook' programme, providing practical tools for personal growth and sustained recovery.
Self-help Group	A 6-week group using the 'Self-Help Handbook' to share practical tools and ideas for tackling challenges and staying on track with recovery, all in a relaxed and supportive space.