

Recovery Cymru in the Vale – Join Our New Community Groups!

Recovery Cymru is a peer-led recovery community supporting individuals in or seeking recovery from alcohol and drug use. Based in Cardiff and the Vale of Glamorgan, we foster connection, hope, and empowerment. Our community thrives on mutual support, shared experiences, and a belief that recovery is possible and enjoyable.

Family and Friends Group

11:30am – 13:00pm

Supporting someone through alcohol and other drug use can be challenging, but you don't have to do it alone.

Peer Support Group

13:15pm – 14:45pm

A peer-led space with no set agenda. This is a chance to check in, chat about our recovery, and support each other without pressure or hierarchy.

A welcoming space where you can:

- Share your experiences with others who understand
- Gain support and practical ways to navigate challenges
- Connect with a community that listens

No need to book—just come along!

Starting Thursday 3rd April 2025

**Castleland Community Centre, Belvedere
Crescent, Barry CF63 4JZ**

Get in touch:



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