

Peer Group Timetable including Online Options

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
M o r n i n g	10am – 12pm Weekend Reflection (In person)	10am – 12pm Relapse Prevention (Online)	10am – 12pm Relapse Prevention (In person)	10pm – 12pm PMOIMR (In person)	10am – 12pm Weekend Preparation (In person)	10am – 12pm Men's Group (In person)	10am – 12pm Self-help Group (In person)
A f t e r n o o n	12:30pm - 2:30pm Women's Group (In person)		12:30pm – 2:30pm SMART (In person)	12:30pm – 2:30pm PMOIMR (Online)	12:30pm – 2:30pm Community Activity (In person)	12:30pm – 2:30pm Relapse Prevention (In person)	12:30pm – 2:30pm PMOIMR (In person)
E v e n i n g	12:30pm - 2:30pm Log-in Lounge (Online)					2pm – 3pm Peer Support Group (Online)	2pm – 3pm Peer Support Group (Online)
		6pm – 7pm Peer Support Group (Online)			6pm – 7pm Peer Support Group (Online)	3pm-4.30pm Creative Corner (In person)	6pm - 7.30pm Family & Friends Support Group (In person)

Open Access 7 Days a Week - 9am - 5pm

Don't miss out! Check the group descriptions for details of our extra fortnightly and monthly activities.

Weekend Reflection	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 women in a friendly and safe environment.
Log-in Lounge	A supportive online space to talk, share progress, and stay part of the community from home
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.
Creative Corner	An opportunity to express yourself through art, writing, and creative projects. No experience needed, just curiosity and connection.
Self-Management and Recovery Training (SMART)	SMART is a structured, tools based group that uses proven techniques to help you manage cravings, stay focused, and build confidence in your recovery. It's practical, interactive, and grounded in real skills you can use straight away.
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.
Peer Moving On in My Recovery (PMOIMR)	A 12-week peer-created and led course shaped by UK-wide peer support groups. It explores all aspects of life, like loss, mental health, and work-life balance—through a recovery lens, offering a manageable, lived-experience approach. Join 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.
Weekend Preparation	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.
Family and Friends Group	Offers compassion, understanding, and peer support for anyone affected by a loved one's alcohol or drug use.
Men's Group	A supportive group for men to explore the unique challenges they face—mental health, identity, relationships and more, with others who understand.

Extra Activities – Please check social media or get in touch for current schedules

What's Out There (WOT)? Saturdays 1pm – 3pm (Fortnightly, in person)	A fortnightly meet-up for members and friends, alternating between the Vale and Cardiff. From beach walks to bay boats, it's a chance to connect and explore together. Friends and family welcome.
Recovery Social Wednesdays 5pm - 8pm (Monthly, in person)	A monthly evening event for members, volunteers, and friends. Games, conversation, and time together in a relaxed setting.
Shared Sparks Wednesdays 1.30pm - 3.30pm (Monthly, in person)	Our monthly guest speaker sessions bring together peers, volunteers, loved ones and organisations to share knowledge, stories and ideas. Come along to learn something new and be part of the conversation.
Community Introduction Tuesdays, (Monthly, in person) 10am – 12pm	For new, returning or unsure members to learn what Recovery Cymru is about. We chat through how our community works, the support and activities available, and how to get involved in a way that suits you.