

# Peer Group Timetable including Online Options

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>M o r n i n g</b>	10am – 12pm Weekend Reflection (In person)	10am – 12pm Relapse Prevention (Online)	10am – 12pm Relapse Prevention (In person)	10am – 12pm PMOIMR (In person)	10am – 12pm Weekend Preparation (In person)	10am – 12pm Men’s Group (In person)	10am – 12pm Self-help Group (In person)
<b>A f t e r n o o n</b>	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)
<b>E v e n i n g</b>	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.

<b>Weekend Reflection</b>	How did the weekend go for you? Isolated and directionless? Or packed with activities that support your recovery? Come along and reflect on the weekend, then start planning the week ahead.
<b>Women's Group</b>	A peer-led space where women can discuss recovery-based issues that matter to them. Engage in mutual support and connect with like-minded people. Guest speakers, activities, outings, TED Talks and more!
<b>Log-in Lounge</b>	Can't get to the centre? Then connect with others online in a fun and social way! Have a laugh, a natter, and if you feel like it - join in on activities, quizzes and more!
<b>Relapse Prevention</b>	A 12-week, structured programme offering insights, techniques, and support in managing recovery, lapse, and relapse. 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>Creative Corner</b>	Need some time to unwind and relax while still connected with others? Join us for self-directed art and crafts activities. The choice is yours!
<b>Self-Management and Recovery Training (SMART)</b>	SMART (Self Management and Recovery Training) is a programme that provides training and tools for people who want to learn positive and practical behaviours. Guided by trained facilitators, participants come to help themselves and help each other using a variety of cognitive behaviour therapy (CBT) and motivational tools and techniques.
<b>Peer Support Group</b>	Peer – led groups offering mutual support. A place for people to connect and discuss recovery, exploring themes that emerge through conversation, such as recovery capital, barriers to accessing support, and isolation.
<b>Peer Moving On in My Recovery (PMOIMR)</b>	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.
<b>Community Activities</b>	This relaxed, peer-led group offers connection through activities such as micro-planting, terrarium-making, group-led, themed discussions, and wellbeing taster sessions.
<b>Weekend Preparation</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>Family and Friends Group</b>	Worrying about our loved ones can make us feel alone and can often stop us from looking after ourselves. Come along and make positive connections with people in similar situations who understand what it means to worry about someone else's alcohol and other drug use.
<b>Men's Group</b>	A peer-led, men-only space where men can make positive connections and discuss recovery-based issues that matter to them. Explore themes such as men and well-being, relationships, recovery and identity
<b>Self-help Group</b>	A guided 6-week self-help course, developed by staff and members, employing tools and learning techniques that support recovery and ways to maintain lasting change.

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

<b>What's Out There (WOT)? Saturdays 1pm – 3pm (Fortnightly, in person)</b>	An opportunity to meet up socially and connect with others while exploring what the local area has to offer. Coastal walks, Museum trips and discovering new places and meeting new people are what recovery is all about. Fortnightly. Family members and friends welcome.
<b>Recovery Social Wednesdays 5pm - 8pm (Monthly, in person)</b>	Our members tell us that recovery is not 9 – 5 Monday to Friday, that evenings can often feel long and uninspiring. A chance to connect with others looking for productive ways to fill their time. Join us for quizzes, board games, recovery-based discussions and build your social networks.
<b>Insight Sessions Wednesdays 2.45pm - 4.15pm (Monthly, in person)</b>	Community session featuring guest speakers who share insights into topics such as neurodiversity, mental health and wellbeing. It's a welcoming space to learn about valuable resources and discover what local organisations can offer you and your loved ones
<b>Community Introduction Tuesdays 10am - 12pm (Monthly, in person)</b>	Unsure about what RC does? Our monthly introduction sessions explain what the community means to us – where we came from, who we are, what support and activities we offer, and how you can get involved. There's something for everyone at RC. Come along and find out what the community can offer you – and ways in which you can support the community