

**AlAnon/Alateen - Confidential Helpline—0207 403 0888**

*For friends, family and teenage children of alcoholics*

- Mon 8.00pm Grahamston United Church, Bute Street  
Grahams Road, **Falkirk FK2 7DH**
- Wed 8.00pm Lornshill Academy, Tullibody Road, **Alloa, FK10 2EU**
- Thur 10.30am Raploch Community Campus Drip Rd, **Stirling, FK8 1RD**
- Fri 8.00pm Old Parish Church, Larbert Cross, **Larbert, FK5 4AF**

**Cocaine Anonymous Local Helpline — 07526943554**

Website: <http://ecscs.co.uk/>

**Thurs 8pm—9pm Falkirk Trinity Church, Manse Place FK1 1JN**

**Gamblers Anonymous Helpline—0370 050 8881 [www.gascotland.org](http://www.gascotland.org)**

- Tue. 7.30pm Falkirk Trinity Church *opposite M & S*  
Manse Place, **Falkirk FK1 1JN**
- Thur. 7.30pm Salvation Army, Main Street  
**Larbert FK5 4BH**

**Narcotics Anonymous Helpline—0300 999 1212 [www.ukna.org.uk](http://www.ukna.org.uk)**

- Mon 7.30-9.00pm Methodist Church, Queen Street, **Stirling FK8 1SL**
- Wed. 7.30-9.00pm Methodist Church, Queen Street, **Stirling FK8 1SL**
- Sat. 1.30-3pm FVRC Rec Café, ASC, Vicar St, **Falkirk ,FK1 1JB**

**Families Anonymous Helpline—0845 1200 660 [www.famanon.org.uk](http://www.famanon.org.uk)**

**Forth Valley Family Support Service** Helpline-08080 10 10 11  
or [fvfamilies@sfad.org.uk](mailto:fvfamilies@sfad.org.uk) [www.sfad.org.uk](http://www.sfad.org.uk)

**Feelings Meeting/Peer Support Group—  
every Tuesday 11am—12.00—Salvation Army Hall, Drip Rd, Stirling**

**SMART RECOVERY: Discover the Power of Choice !**

- Mon 7-8.30pm Alloa Recovery Café, 2 The Gate, Alloa
- Tues 4.30-6pm ASC Vicar St., Falkirk, FK1 1JB
- Wed 1.30-3pm Signpost, Alloa. 3-4.30pm FVRC Recovery Café, Tryst Community Centre, Stenhousemuir. 6.00-7.30pm Signpost, Callendar Rd, Falkirk
- Thurs 4.30-6.00pm ,Sainsburys Meeting Room, Raploch Stirling
- Fri. 3.00-4.30, Friday Recovery Café, Mayfield Centre, St Ninians, Stirling
- Sat 11.30-1.00pm Weekend Recovery Café, ASC Vicar Street, Falkirk



# MUTUAL AID/SELF HELP FOR SUBSTANCE RECOVERY IN FORTH VALLEY



If your alcohol or drug use has reached the point where it worries you, there are support organisations that are here to help.

If you want help, please see the details within this leaflet of available support across the Forth Valley area. Remember there are no fees or subscriptions for any of these services.

These services and cafe's welcome anyone from any Forth Valley area.

## Forth Valley Recovery Community Cafes

	Alloa	Stirling	Falkirk
<b>Mon</b> 4-9pm	2 The Gate Ludgate Church, Alloa		
<b>Wed</b> 1-4.30pm			Tryst Community Centre, James St, Stenhousemuir
<b>Fri</b> 1-6pm		Mayfield Centre, St Ninian's, Stirling	
<b>Sat</b> 10.30-3pm			ASC, 32 Vicar Str Falkirk
Sun 12.4pm			Rainbow House, 6 South Shore Rd, Grangemouth

## ALCOHOLICS ANONYMOUS Helpline —0800 917 7650

### Clackmannanshire area—Alcoholics Anonymous

#### Alloa

Monday 8.00pm Alloa Town Hall  
Thursday 10.15am Alloa Town Hall  
Thursday 8.00pm Health Education Room, CCHC, Hall Park, Sauchie

#### Menstrie

Thursday 7.30pm Dumyat Community Centre, Main Street East  
**Big Book & Meditation**

#### Tullibody

Friday 8.00pm Leisure Centre, Abercrombie Place  
Sunday 5.00pm Leisure Centre, Abercrombie Place **Big Book**

### Stirling area—Alcoholics Anonymous

#### Bannockburn

Wednesday 8.00pm St Ninians Church, Quakerfield Rd, Stirling

#### Bridge of Allan

Monday 8.00pm Holy Trinity Church, Keir Street **12 Step**

#### Callander

Friday 8.00pm Kirk Hall, South Church Street

#### Cambusbarron

Saturday 6.30-7.30pm Community Centre, St Ninians Road **WIR**  
Sunday 6-7pm Community Centre, St Ninians Road

#### Dunblane

Wednesday 8.00pm Cathedral Church Hall  
Saturday 8.00pm Cathedral Church Hall

#### Killin

Sunday 8.00pm The Vestry, Church of Scotland, Main St  
*7.30pm in winter*

#### Stirling

Monday 12.30pm Mayfield Centre, St Ninians  
Tuesday 2.00pm Mayfield Centre, St Ninians  
Tuesday 8.00pm Methodist Church, Queen Street  
Wednesday 7.30pm Allan Park South Church, Dunbarton Road **Big Book**  
Thursday 8.00pm Methodist Church, Queen Street  
Friday 1.30pm Mayfield Centre, St Ninians  
Friday 8.00pm Hillview Community Centre, 13 Cultenhove Place  
Saturday 6.30-7.30 Salvation Army, Drip Road, Raploch  
Sunday 8.00pm St Marks Church, Drip Road, Raploch

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### Falkirk area —Alcoholics Anonymous

#### Bo'ness

Monday 8.00pm Old Kirk Brae, Panbrae Road  
Friday 8.00pm St Cathrine's Church, Cadzow Crescent

#### Carron

Monday 7.30pm Free Kirk, Beaumont Drive - **Prayer & Meditation**  
Wednesday 2.00pm Free Kirk, Beaumont Drive

#### Denny

Thursday 8.00pm Baptist Church, Herbertshire Street  
Sunday 8.00pm St Alexanders Church Hall, Stirling St

#### Falkirk

Monday 7.30pm St Andrew's West Church, Upper Newmarket St  
*Door locked—ring bell*  
Tuesday 8.00pm St Andrew's West Church, Upper Newmarket St  
**Big Book**  
Wednesday 8.00pm St Andrew's West Church, Upper Newmarket St  
*door locked – ring bell*  
Friday 10.30am Falkirk Trinity Church  
(off High Street—opposite M&S)  
Friday 8.00pm Falkirk Trinity Church **Big Book**  
(off High Street—opposite M&S) *door locked – ring bell*  
Saturday 8.00pm Falkirk Trinity Church,  
(off High Street—opposite M&S) *door locked – ring bell*  
Sunday 3pm –4.30pm Falkirk Trinity Church,  
(off High Street – opposite M&S) *door locked – ring bell*

#### Grangemouth

Thursday 8.00pm Swimming Pool Community Halls, Abbots Rd  
**Step & Trad**  
Saturday 10.00am Swimming Pool Community Halls, Abbots Road

#### Larbert

Thursday 8.00pm Old Parish Church, Larbert Cross

#### Stenhousemuir

Monday 8.00pm Scout Hall, James Street, *door locked – ring bell*  
Tuesday 8.00pm Larbert East Church, Kirk Avenue  
Friday 8.00pm Larbert East Church, Kirk Avenue