

Smart Recovery Meetings

Monday Alloa Recovery Café, The Gate, Alloa. 7-8.30pm FK10 1DS

Tuesday ASC Falkirk, 32 Vicar Street 4.30-6.00pm FK1 1JB

Wednesday Signpost Alloa, Cooperage Way, 1.30-3.00pm FK10 3LP

Signpost Falkirk, Callendar Road, 6-7:30 FK1 1XS

Stenhousemuir Recovery Café, Tryst Community Centre, James Street FK5 3BB 3.00-4.30pm

Thursday Sainbury's, Community meeting room, Raploch FK8 1RA 4.30-6:00pm

Friday Stirling Recovery Café, Mayfield Community Centre, St Ninian's FK7 0BD3.00-4.30pm

Saturday Weekend Recovery Café, ASC Vicar St. Falkirk 11.30-1pm FK1 1JB

SMART Recovery is a mutual aid organisation that provides self-help meetings designed to help you understand and use evidence based techniques to help you recover from any type of addictive behaviour. Try one of the many meetings throughout Forth Valley, or train to be a SMART Recovery meeting Facilitator. You could be running a meeting! For more info about SMART Recovery, or to take part in an online meeting, go to <http://www.smartrecovery.org.uk/>

12 Step Recovery

AA/NA/CA are Fellowships of men and women who have found recovery through their 12 Step Programme. FVRC are committed to introducing people to all types of recovery and the Fellowships have helped millions of people in their recoveries worldwide. For more information about AA, CA, NA, please contact AA 0800 9177 650 help@alcoholics-anonymous.org.uk or NA 0300 999 1212 UKNA.org or CA 07526943554

ecsc.a.co.uk



**Forth Valley
Recovery Community**

We are constantly planning new events and recovery support opportunities across Forth Valley. For more information or an update on current events, or if you would like to find out about how to become a Forth Valley Recovery Community Peer Support Volunteer or Recovery Volunteer, please contact either Becky, Scott or Peter using the information below:

Contact:

Becky: 07920576375 bwood@asc.me.uk

Peter: 07706294599 pkrykant@asc.me.uk

Scott: 07706294605 sferguson@asc.me.uk



**Forth Valley
Recovery Community**

**Recovering
Together
Throughout Forth
Valley**

FVRC is a community of people committed to making recovery happen in Forth Valley. We deliver a variety of different events every week throughout the area. All FVRC events are organised by volunteers in recovery. Why not come along and check us out?

FOLLOW US ON SOCIAL MEDIA:

Forth Valley Recovery Community



Instagram



Forth Valley Recovery Community

Recovery Cafés.

Come along to one of our Forth Valley Recovery Community recovery cafés. Recovery Café's are drug and alcohol free environments where you can come for recovery support in an informal setting.

Our cafés are open five days per week throughout Forth Valley. Have a cup of tea or coffee, enjoy some home baking or excellent food cooked by our recovery volunteers. Learn how to play an instrument or get fit! We have a variety of options available for all abilities and desires.

Monday: 4pm-9pm

2 The Gate
Ludgate

Alloa, FK10 2DR

Tea/coffee/food/12 Step meeting/SMART

Recovery/arts & crafts activities/recovery films and discussion.

Wednesday: 1.30-4.30pm

The Tryst Community Centre, James Street
Stenhousemuir FK5 3BB

Wii Sports, pool, board games, Yoga and Meditation, circuit training, five-a-side football, SMART Recovery, meet our recovery volunteers and peer supporters.



Forth Valley Recovery Community

Friday: 1pm-6pm

Stirling Café

Mayfield Community Centre, , St Ninian's, Stirling FK7 0BD

Great food, home baking, learn to play an instrument, meet our recovery volunteers, SMART recovery.

Saturday: 10.30am-3pm

Weekend Recovery Café

ASC Falkirk, 32 Vicar Street, Falkirk, FK1 1JB

Live music and entertainment monthly, home made food, NA meeting, SMART, Tai Chi and music.

Sunday; 12-4pm

Rainbow House, 6 South Shore Street,
Grangemouth, FK3 8TQ

Alternative therapies, Discover recovery, hot drinks and snacks.

FORTH VALLEY RECOVERY COMMUNITY

Forth Valley Recovery Community is YOUR community. Why not drop in to your local café, get involved or chat to our volunteers about how we can help you move on. FVRC is all about making recovery accessible to everybody in Forth Valley who has experienced substance dependency.

CONTACT US

Becky: 07920576375 bwood@asc.me.uk

Peter: 07706294599 pkrykant@asc.me.uk

Scott: 07706294605 sferguson@asc.me.uk



RECOVERY IN THE WILD



Recovery in the wild

FVRC offers a number of outdoor activities working in partnership with Active Stirling. This ranges from canoeing and rock climbing to gorge walking and hill climbs. If you are interested in getting active outdoors please contact us on 0920576375.

Recovery Ramblers Walking Network

If you like walking and the outdoors, why not come along and join our Recovery Ramblers. Walking and talking are an excellent way to improve your mental and physical well-being. Our walks are designed to cater for all abilities.

For more information about Recovery Ramblers or on how to register for a walk, contact us on 07920576375

FVRC provides safe, drug and alcohol free events to help you build and develop your recovery. We ask all attending to come along drug and alcohol free on the day. We are an inclusive and non-judgemental community committed to empowering people in recovery.

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Instagram