



What's On @ ADA

There are lots of groups at ADA

Art, Gardening, Learning, Music, Family Support, Activities, Recovery, Women's Groups, Craft, Reflexology and much more....

All just a phone call away:
To find out more call 01224 577120



Alcohol & Drugs Action

Join the Community

Monday



Women's Group 11-12.30 @ Timmermarket

Cooking Group 5.30 - 7pm @
Number 1 Cafe, Banchory

Helpline and NX late opening 5.30-7pm @
Exchange Street

Tuesday

Inspiring Insch 10-2pm @ Insch Community Centre
(fortnightly)

Wednesday



Gardening Group 10am-1pm @
Hazlehead Nurseries



Art Group 2-4pm @ Timmermarket



Family Support Group 7-9pm @ Hadden Street
(fortnightly)

Family Support Group New Member Drop In
6-7pm @ Hadden Street
(fortnightly)

Thursday



* D.A.R.T. Self Coaching 9am-3pm @ Timmermarket

ORT & Me 10.30-11.30am @ Timmermarket
(by the Scottish Recovery Consortium)



PUIR (Parents United In Recovery) 12 noon -1.30pm @
Elim Church *(fortnightly)*



Women's Group 1.30 -4pm @ Tesco Community Room
Inverurie *(fortnightly)*



* Stepping Stones 2.15-3.30pm @ Psychotherapy, RCH



Service User Forum 5.30-7.30pm @ Hadden Street
(1st week of the month)

Helpline and NX late opening 5.30-7pm @
Exchange Street

Friday



* D.A.R.T. Self Coaching 9am-3pm @ Timmermarket

Huntly Recovery Hub 10-3pm @ Linden Centre, Huntly



Coffee & Craft 11am-1pm
Salvation Army, Citadel *(basement)*



Activity Group 2-4.30pm @ Hadden Street
(locations vary)



Food with Friends 4pm
St Andrews Cathedral, John Skinner Centre
(text Anne McAlister re numbers for catering)

Friendship Meal 6.30pm
St Andrews Cathedral, John Skinner Centre
(last Friday of the month)



SMART Recovery Meetings



MONDAY
5-5.30pm @ number ONE, 1 Scott Skinner Square, Banchory

TUESDAY
11am-12.30pm @ Timmermarket

WEDNESDAY
2.30-4pm @ Garioch Centre, Inverurie
5-6.30pm @ Timmermarket *(please be on time)*
6.30-8pm @ Stonehaven

Saturday & Sunday

ADA Drop-In Service 1-2pm @ Hadden Street
ADA Helpline 2-5pm
ADA Needle Exchange 2-5pm @ Exchange Street
Sunday Connection Cafe 3-5pm @
Tesco Community Room, Inverurie