



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 ADA 01224 577120



● **Join the Community** ●

Monday

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

Tuesday



**SMART Recovery 11am-12.30pm @
Timmermarket**



**'Fight For Recovery' - Boxercise class 12-1pm @
Northfield Community Centre**

**Polish SMART 8-9pm @ Polish Association,
35A Union St**

Wednesday



**Gardening Group 10am-1pm @
Hazlehead Nurseries**



**PUIR (parents united in recovery)
11am - 12.30pm @ Timmermarket
(1st and 3rd week of the month)**



Art Group 2-4pm @ Timmermarket



SMART Recovery 6-7.30pm @ Timmermarket

**Family Support Group 7-9pm @ Timmermarket
(fortnightly)**



SMART Recovery 6.30-8 pm @ Stonehaven

Thursday



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

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



**Stepping Stones 2.15-3.30pm @ Psychotherapy,
RCH**

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

Friday



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



Coffee & Craft 11am-1pm @ Citadel



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

Saturday & Sunday

If you have an update for this space please let us know

ADA Drop-In Service 1-2pm @ Hadden Street

ADA Helpline 2-5pm

**ADA Needle Exchange 2-5pm @
Exchange Street**