

recovery meeting timetable

City: Call ADA Helpline 0333 344 8355

adagroups@alcoholanddrugsaction.org.uk

Monday

9.30-10am Daily Check In, All Welcome

2-3pm All Recovery Meeting

Tuesday

9.30-10am Daily Check In, All Welcome

11-12.30pm ADAPT Full meeting

Wednesday

9.30-10am Daily Check In, All Welcome

10.15-12.45 *new DART Self Coaching Course

5-6.30pm ADAPT Full Meeting

7.30-9pm Family Support Group fortnightly from 18th Nov

Thursday

9.30-10am Daily Check In, All Welcome

10.15-12.45 *new* DART Self Coaching Course

3pm-4.30pm *new* Brew & Banter Volunteer Led Group

Friday

9.30-10am Daily Check In, All Welcome

2-3pm All Recovery Meeting

Saturday & Sunday

10-10.30am Daily Check In, All Welcome

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The Shire Groups are delivered with Aberdeenshire ADP & forum partners

Monday

11-2pm Stonehaven Recovery Hub

3-4pm Stonehaven Recovery Hub meet on Zoom

Tuesday

11-12pm Inspiring Inch

5.30pm-7.00pm *new* ADAPT Banchory

6-7pm Garioch Connect group meet on Zoom

Wednesday

2-3pm ADAPT, Inverurie

6.30-8pm ADAPT, Stonehaven

7.30-9pm Garioch Family Support Group (fortnightly from 1st April)

Thursday

1-2pm Aberdeenshire Weekly Check-In (we are in this together, share your thoughts and experiences)

Friday

11-12pm Huntly Recovery Hub

5-6pm Garioch Connects

Saturday & Sunday

You are more than welcome to join the City recovery meetings, or call our Helpline if you need support.