



D.A.R.T.

## (Drugs & Alcohol Recovery Training Self and Recovery Coaching)

Drop-in sessions: learn more about the course before committing to attend the 6-week programme; reduce any anxiety you may have; explore possible preparatory work you could undertake with your 1-to-1 worker.

Credo, John Street, Aberdeen, on

Tue 5<sup>th</sup> July, 2pm

Tue 9<sup>th</sup> Aug, 2pm

Tue 6<sup>th</sup> Sep, 2pm

Tue 4<sup>th</sup> Oct, 2pm

Tue 1<sup>st</sup> Nov, 2pm

Tue 13<sup>th</sup> Dec, 2pm

D.A.R.T. Course start dates:

Wed 20 July

Wed 28 September

Wed 16 November