nature unlimited

INVITES YOU TO

TASTER SESSION

FOR THE

OUTDOOR RECOVERY GROUP

10AM, TUE 8TH DECEMBER 2026

AT BORDERS IN RECOVERY
FOCUS CENTRE, GALASHIELS, TD1 1DQ

MEET THE TEAM AND FIND OUT WHAT WE DO IN THE WOODS

- improve your wellbeing
- connect with others in recovery
- spend time in a therapeutic environment
- campfire cooking
- learn new skills in the outdoors

- 10 weeks, Tues 10am-2pm
- refreshments and lunch provided
- run by a friendly team with lived experience of recovery and/or friends and family in recovery

DATES FOR THIS BLOCK

Tue 8th Dec - Taster (Borders in Recovery office)
Tue 15th Dec
Tue 5th Jan
Tue 12th Jan
Tue 19th Jan
Tue 26th Jan
Tue 2nd Feb
Tue 9th Feb
Tue 16th Feb
Tue 23rd Feb

SCAN TO SIGN UP:

SIGN UP THROUGH BORDERS IN RECOVERY

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