



@48 OFFERS

- ✓ Peer-led recovery groups / activities
- ✓ Recovery Cafe
- ✓ Family support groups
- ✓ Alcohol-free family activities / events
- ✓ Volunteering opportunities
- ✓ Venue Hire / Catering

A range of free recovery groups and activities, as well as low cost or free family friendly social activities and events for the whole community.

Opportunities for volunteering, accredited training and employment, as well as opportunities to support the local community to develop.

Venue hire and catering for meetings, training, activities and social events.

Monday
HAPI Women's
Recovery Group
1pm - 2.30pm

Hope After Loss
Group
2nd & 4th Mondays
11am - 12.30pm

Sound Bath
1st Monday
11am - 12.30pm

Tuesday
Creativity Group
10am - 12pm

Family & Friends
Group
1pm - 2.30pm

LGBTa Group
3pm - 4.30pm

Thursday
YOGA Group
12pm - 1.15pm

Friday
Mindfulness Group
10:30am-11:30am

Medication,
Recovery & Me
11.00am - 12.30pm

P.I.N.G.
2pm - 3:30pm

Cafe Hope
4pm - 6pm

Saturday
***ConneXions Family**
Cafe*
1st Saturday
11am - 1pm

***ConneXions Family Cafe - please register
in advance by contacting ConneXions on
01292 773162***

Working with our participants, volunteers and members, we are creating a vibrant alcohol free venue in the heart of Ayr, which is utilised by, and enriches the local community.

