

KINROSS RECOVERY & CONVERSATION CAFÉ



This weekly group is for anyone with an interest in improving their wellbeing and needing support on their recovery journey from addiction or substance misuse.

The Café aims to get people speaking about recovery and wellbeing in all its many forms and provides the opportunity to -

- share ideas, information and resources
- explore support networks and ways of moving forward
- breakdown isolation
- improve health and wellbeing

**The Café takes place every Tuesday 1pm until 3pm
at Millbridge Hall, Kinross**

Drop in and have a cuppa and a chat

For more information contact -

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A LOCAL CHARITY TACKLING THE EFFECTS OF POVERTY.*