



NORTH YORKSHIRE HORIZONS

# Recovery Group Timetable.

Call us on 08000 14 14 80 for information on how to join!

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
<p>10:30am <b>NORTHALLERTON MONDAY MOOCH WALKING GROUP</b> Northallerton Hub, DL7 8LZ Weekly</p>	<p>Approx 10/10:30am <b>SKIPTON WALKING GROUP</b> Meeting place and time tba week before. <i>Contact Heidi and Paula for details</i></p>	<p>11:00am – 1:00pm <b>HARROGATE RECONNECT</b> Baptist Church, HG1 5RD Weekly</p>	<p>11:00am-12noon <b>SCARBOROUGH SUPPORT MEETING</b> Rainbow Centre, YO11 1TH Weekly</p>	<p>10:30am-12:30pm <b>HARROGATE WALKING GROUP</b> <i>First and Third Friday every month</i></p>	<p>10:30am <b>ONLINE PEER SUPPORT GROUP</b> <a href="#">Click here</a> to join the meeting Meeting ID: 840 3913 2193 Passcode: 622314 Weekly</p>
<p>11:30am-1:00pm <b>RIPON RIPON RECOVERY GROUP</b> Allhallowgate Church, HG4 1LG <i>Last Monday every month</i></p>	<p>12:00pm – 2:00pm <b>NORTHALLERTON LUNCHEON CLUB Drop-in</b> Northallerton Hub, DL7 8LZ Weekly</p>	<p>11:30am – 1:00pm <b>SELBY ART OF RECOVERY</b> Selby Hub, YO8 4PW Weekly</p>	<p>2:00pm – 4:00pm <b>ONLINE SMART RECOVERY</b> <a href="#">Click here</a> to join the meeting Weekly</p>	<p>10.30am -12.30pm <b>SKIPTON CHECK-IN MEETING</b> Augment Community Workspace, BD23 2LP Weekly</p>	
<p>2:00pm <b>NORTHALLERTON MINDFUL CRAFTERS</b> Northallerton Hub, DL7 8LZ <i>First Monday every month</i></p>	<p>1:00pm – 2:30pm <b>SELBY SMART RECOVERY</b> Hawdon Institute, YO8 4PG Weekly</p>	<p>11:30am – 1:00pm <b>ONLINE WOMEN'S SUPPORT GROUP</b> via Microsoft Teams Weekly</p>	<p>6:00pm-7:30pm <b>RICHMOND SMART RECOVERY</b> 6-7.30pm at Richmond Methodist Church on Queens Road Weekly</p>	<p>11:00am-12:30pm <b>NORTHALLERTON SMART RECOVERY</b> Northallerton Hub, DL7 8LZ Weekly</p>	
	<p>2:00pm <b>SCARBOROUGH CRAFT GROUP</b> Scarborough Hub, YO11 1XE <i>Third Tuesday every month</i></p>	<p>2:00pm <b>SKIPTON SMART RECOVERY</b> Augment Community Workspace, BD23 2LP Weekly</p>		<p>11:00am – 1:00pm <b>SCARBOROUGH WALKING GROUP</b> Meet outside the Scarborough Hub, YO11 1XE Weekly (<i>weather dependent</i>)</p>	
				<p>2.15pm-3.45pm <b>WHITBY RECONNECT</b> Coliseum Centre, Whitby, YO21 1EZ <i>Every two weeks</i></p>	

Our recovery groups are run by our Aftercare Team and our trained volunteers. We cater to all abilities, and for individuals at all stages of recovery. If you have any questions about our groups, please contact your North Yorkshire Horizons worker or call 08000 14 14 80.