

## Forth Valley Recovery Community Cafés :

**Monday: Alloa** 4pm - 9pm

The Gate, Ludgate, FK10 2DR

**Tuesday: Women's Café**

10.30am -1pm, St Mark's  
Church, Drip Rd., FK8 1RE

**Wednesday: Stenhousemuir**

1.00pm - 4.30pm, The Tryst  
Community Centre, FK5 3BB

**Thursday: Sauchie** 11am -

4pm, Sauchie Hall, Mar Place,  
FK10 3EA

**Friday: Stirling** 1pm - 6pm,

Mayfield Community Centre,  
St Ninians, FK7 0DB

**Saturday: Falkirk**

10.30am 3pm, ASC, 32  
Vicar St, Falkirk, FK1 1JB

**Sunday: Grangemouth**

12pm - 4pm, Rainbow  
House, Grangemouth, FK3  
8AE



## Forth Valley Recovery Community

FVRC provides safe, drug and alcohol free events to help you build and develop your recovery. We ask all attending to come along drug and alcohol free on the day. We are an inclusive and non-judgemental community committed to empowering people in recovery.

### CONTACT US

**Tom: 07920 234694**

**tbennett@asc.me.uk**

**Becky: 07920 576375**

**bwood@asc.me.uk**

**James: 07920 234689**

**jsludden@asc.me.uk**

**Mikey: 07920 234688**

**mdickerson@asc.me.uk**

**Scott: 07706 294605**

**sferguson@asc.me.uk**

**Joe: 07706 294599**

**jdoherthy@asc.me.uk**

FVRC is a community of people committed to making recovery from addictions happen in Forth Valley. We deliver a variety of events every week throughout the area. All events are organised by volunteers in recovery. FVRC encourage the use of mutual aid through SMART and 12 step fellowships. Our activities include peer support, recovery rambles, indoor climbing, yoga and tai chi to mention a few.

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