

## North Yorkshire Horizons

Adult Drug and Alcohol Recovery Service. We're rated Outstanding by the CQC. Call us on 01723 330730



- - Helping you to recover
  - Recovery in the Community
  - Quit smoking
  - Breaking Free and Staying Free

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- **TALK TO US**

- Northallerton hub
- Harrogate hub
- Scarborough hub
- Skipton hub
- Selby hub



### locations

Harrogate hub

\_ 1241 Views [Harrogate](#), [Horizons](#)

We're at [7 North Park Road, Harrogate, HG1 5PD](#). That's opposite the cinema car park, in town.

North Yorkshire Horizons Harrogate offers you a warm welcome. We treat everyone who walks through the door with the same sensitivity. **Opening Hours** Monday until late **9am – 8pm**, Tuesday.

Wednesday, Thursday and Friday **9am – 5pm**

Click this google street view.

You can phone us free on 08000 14 14 80

[Please contact us by email](#)

**What's On in the Harrogate hub**

**Mondays: 11:00am – 1:00pm** Back to You Group **1:00pm -**

**2.30pm** Anxiety Group **1:00pm – 4:00pm** Breaking Free (IT Suite)

**Tuesdays: 10:30am – 12:30pm** Alcohol Pathway **1:00pm –**

**3:00pm** Motivation to Change

**Wednesdays: 10:00am – 12:00pm** Alcohol Pathway –**10:30am – 12:00pm** Freedom from Addiction **1:00pm – 3:00pm** Alcohol Pathway **1:00pm – 4:00pm** Breaking Free (IT Suite)

**Thursdays 10.30am – 12.30pm** Back to you Group **2:00pm - 4:00pm** Back to You Group

**Fridays 1:00pm – 4:00pm** Breaking Free (IT Suite)

We are also able to meet people who need our services in Ripon and Knaresborough.

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