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| **DAY** | **TIME** | **LOCATION** | **FORMAT** |
| Mondays2 per Month  | **12.00pm - 1.30pm** | Kingstanding Leisure Centre, Dulwich Rd, Kingstanding, Birmingham B44 0EW | LIFE - CRAFTFace to Face |
| Mondays2 per Month  | **5.30pm - 7.00pm** | CGL North Hub, Office 1, Patrick Drive, Shady Lane, Great Barr, Birmingham. B44 9ER | LIFE - CRAFTFace to Face |
| FridaysEach Week | **12.00am - 1.30pm** | Online <https://zoom.us/j/95514346157> | LIFE - CRAFTOnline |

**Download the app here:** [**https://zoom.us/download**](https://zoom.us/download)

***LIFE stands for Living Independently for Everyone. These are confidential mutual aid meetings for people affected by the addictive behaviour of someone close to them.***

***The groups use tools from Cognitive Behaviour Therapy and Rational Emotive Behaviour Therapy in combination with the highly acclaimed CRAFT (Community Reinforcement and Family Training) programme.***

***The programme is designed to help those affected by a loved one’s addictive behaviour to learn new ways of dealing with the challenges, thoughts and emotions that they experience.***

***Sessions are*** ***facilitated by someone with personal experience of family members in addiction. Attendance at all meetings is open and no referral is required.***

***Check the dates for meetings that take place on Mondays, details below.***

***Contact Maggie Thompson: 07925 022 953 (***maggie.thompson@datus.org.uk***)***

**Updated January 2024**