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| **DAY** | **TIME** | **LOCATION** | **FORMAT** |
| Mondays | **1.30pm - 2.30pm** | Online <https://zoom.us/j/91291630875> | ACT Training Online |
| Mondays | **5.00pm - 7.00pm** | CGL North Hub, Office 1, Patrick Drive, Shady Lane, Great Barr, Birmingham. B44 9ER | LIFE  Face to Face |
| Tuesdays | **11.30am - 12.30pm** | CGL East Hub, 111 Church Lane, Stechford, Birmingham. B33 9EJ | LIFE  Face to Face |
| Tuesdays | **5.30pm – 7.00pm** | CGL Central and West Hub, 255 Hospital Street, Newtown, Birmingham. B19 2YF | LIFE  Face to Face |
| Tuesdays | **6.00pm - 7.30pm** | The Cotteridge Church, 24 Pershore Road South, Cotteridge, Birmingham B30 3EJ | LIFE  Face to Face |
| Wednesdays | **1.00pm - 2.30pm** | Northfield Baptist Church, 789 Bristol Rd South, Northfield, Birmingham. B31 2NQ | LIFE  Face to Face |
| Thursdays | **10.30am - 11.30am** | DATUS, St Anne’s Parish Centre, 45 Alcester St, Digbeth. B12 0HP and also online at <https://zoom.us/j/93705482550> | LIFE  **Face to Face & Online** |
| Thursdays | **12.30pm - 2.00pm** | DATUS, St Anne’s Parish Centre, 45 Alcester St, Digbeth. B12 0HP and also online at <https://zoom.us/j/986444692> | LIFE  **Face to Face & Online** |
| Thursdays | **3.30pm – 5.00pm** | CGL North Hub, Office 1, Patrick Drive, Shady Lane, Great Barr, Birmingham. B44 9ER | LIFE  Face to Face |
| Saturdays | **11.00am - 12.30pm** | Online <https://zoom.us/j/94497124180> | LIFE Online |
| Sundays | **10.00am – 11.30am** | Online <https://us06web.zoom.us/j/81049143421> | LIFE Online |

***LIFE stands for Living Independently For Everyone. These are confidential mutual aid groups open to anyone who has struggled with any kind of addictive behaviour. The meetings include evidence-based therapeutic tools drawn from ACT (Acceptance and Commitment Therapy) and CBT (Cognitive Behavioural Therapy)***

***Sessions are led by someone with personal experience of addiction. Attendance at all meetings is open and no referral is required. Meetings do not require abstinence but you may be asked to leave if you appear intoxicated.***

***Contact:*** [***info@datus.org.uk***](mailto:info@datus.org.uk) ***for further information or visit*** [***www.datus.org.uk***](http://www.datus.org.uk)

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