

<b>DAY</b>	<b>TIME</b>	<b>LOCATION</b>	<b>FORMAT</b>
<b>Mondays</b>	<b>5.00pm - 7.00pm</b>	CGL North Hub, Office 1, Patrick Drive, Shady Lane, Great Barr, Birmingham. B44 9ER	LIFE Face to Face
<b>Tuesdays</b>	<b>11.30am - 12.30pm</b>	CGL East Hub, 111 Church Lane, Stechford, Birmingham. B33 9EJ	LIFE Face to Face
<b>Tuesdays</b>	<b>4.30pm - 6.00pm</b>	CGL Central and West Hub, 255 Hospital Street, Newtown, Birmingham. B19 2YF	LIFE Face to Face
<b>Tuesdays</b>	<b>6.00pm - 7.30pm</b>	The Cotteridge Church, 24 Pershore Road South, Cotteridge, Birmingham B30 3EJ	LIFE Face to Face
<b>Wednesdays</b>	<b>1.00pm - 2.30pm</b>	Northfield Baptist Church, 789 Bristol Rd South, Northfield, Birmingham. B31 2NQ	LIFE Face to Face
<b>Wednesdays</b>	<b>6.00pm - 7.00pm</b>	Online <a href="https://zoom.us/j/91291630875">https://zoom.us/j/91291630875</a>	ACT Training Online
<b>Thursdays</b>	<b>11.30am - 1.00pm</b>	DATUS, St Anne's Parish Centre, 45 Alcester St, Digbeth. B12 0HP and also online at <a href="https://zoom.us/j/93705482550">https://zoom.us/j/93705482550</a>	LIFE Face to Face & Online
<b>Thursdays</b>	<b>3.00pm - 4.30pm</b>	CGL North Hub, Office 1, Patrick Drive, Shady Lane, Great Barr, Birmingham. B44 9ER	LIFE Face to Face
<b>Saturdays</b>	<b>11.00am - 12.30pm</b>	Online <a href="https://zoom.us/j/94497124180">https://zoom.us/j/94497124180</a>	LIFE Online
<b>Sundays</b>	<b>10.00am - 11.00am</b>	Online <a href="https://us06web.zoom.us/j/81049143421">https://us06web.zoom.us/j/81049143421</a>	LIFE Online
<b>Sundays</b>	<b>3.30pm - 4.30pm</b>	Polish Community Group Online <a href="https://us06web.zoom.us/j/82751432996">https://us06web.zoom.us/j/82751432996</a>	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@dat.us](mailto:info@dat.us) for further information, visit [www.dat.us](http://www.dat.us) or phone Mel Birkill [07966 237 658](tel:07966237658).

Updated May 2024