

## LIFE Family & Friends Groups

DAY	TIME	LOCATION	FORMAT
<b>Mondays Every 2 Weeks</b>	<b>5.30pm - 7.00pm</b>	CGL North Hub, Office 1, Patrick Drive, Shady Lane, Great Barr, Birmingham. B44 9ER	LIFE - CRAFT Face to Face
<b>Fridays Each Week</b>	<b>12.00pm - 1.30pm</b>	Online <a href="https://zoom.us/j/95514346157">https://zoom.us/j/95514346157</a>	LIFE - CRAFT Online

Download the app here: <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@dat.us.org.uk](mailto:maggie.thompson@dat.us.org.uk))

Updated November 2025