

## LIFE Family & Friends Groups

| DAY                                  | TIME                    | LOCATION                                                                            | FORMAT                       |
|--------------------------------------|-------------------------|-------------------------------------------------------------------------------------|------------------------------|
| <b>Mondays<br/>Every 2<br/>Weeks</b> | <b>5.30pm - 7.00pm</b>  | CGL North Hub, Office 1, Patrick Drive, Shady Lane, Great Barr, Birmingham. B44 9ER | LIFE - CRAFT<br>Face to Face |
| <b>Fridays<br/>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<br>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.*

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