

## LIFE Mutual Aid Groups

DAY	TIME	LOCATION	FORMAT
<b>Mondays</b>	<b>5.30pm – 7.00pm</b>	Kingstanding Leisure Centre, Dulwich Rd, Kingstanding, Birmingham B44 0EW	LIFE Face to Face
<b>Tuesdays</b>	<b>11.30am – 1.00pm</b>	CGL East Hub, 111 Church Lane, Stechford, Birmingham. B33 9EJ	LIFE Face to Face
<b>Tuesdays</b>	<b>TBC</b>	CGL North, Central and West, Newtown Shopping Centre, Birmingham, B19 2SS	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>11.30am – 1.00pm</b>	The Cotteridge Church, 24 Pershore Road South, Cotteridge, Birmingham B30 3EJ	LIFE Face to Face
<b>Wednesdays</b>	<b>1.30pm - 3.00pm</b>	Northfield Baptist Church, 789 Bristol Rd South, Northfield, Birmingham. B31 2NQ	LIFE Face to Face
<b>Thursdays</b>	<b>3.00pm – 4.30pm</b>	Kingstanding Leisure Centre, Dulwich Rd, Kingstanding, Birmingham B44 0EW	LIFE Face to Face
<b>Thursdays</b>	<b>6.00pm – 7.30pm</b>	St Chad's Church, New Road, Rubery, Birmingham. B45 9JA	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

**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 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, visit [www.datus.org.uk](http://www.datus.org.uk)

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