

## LIFE Mutual Aid Groups

<b>DAY</b>	<b>TIME</b>	<b>LOCATION</b>
<b>Mondays</b>	<b>5.30pm – 7.00pm</b>	Kingstanding Leisure Centre, Dulwich Rd, Kingstanding, Birmingham B44 0EW
<b>Tuesdays</b>	<b>11.30am – 1.00pm</b>	CGL East Hub, 111 Church Lane, Stechford, Birmingham B33 9EJ
<b>Tuesdays</b>	<b>4.30pm – 6.00pm</b>	BIRCH (Birmingham Inclusive Recovery City Hub) 9 Allcock street, Digbeth B9 4DY
<b>Tuesdays</b>	<b>6.00pm - 7.30pm</b>	The Cotteridge Church, 24 Pershore Road South, Cotteridge, Birmingham B30 3EJ
<b>Wednesdays</b>	<b>11.30am – 1.00pm</b>	The Cotteridge Church, 24 Pershore Road South, Cotteridge, Birmingham B30 3EJ
<b>Wednesdays</b>	<b>1.30pm - 3.00pm</b>	Northfield Baptist Church, 789 Bristol Rd South, Northfield, Birmingham B31 2NQ
<b>Thursdays</b>	<b>3.00pm – 4.30pm</b>	Kingstanding Leisure Centre, Dulwich Rd, Kingstanding, Birmingham B44 0EW
<b>Thursdays</b>	<b>6.00pm – 7.30pm</b>	St Chad's Church, New Road, Rubery, Birmingham B45 9JA
<b>Saturdays</b>	<b>10.10am – 11.50pm</b>	The Cotteridge Church, 24 Pershore Road South, Cotteridge, Birmingham B30 3EJ
<b>Saturdays</b>	<b>11.00am - 12.30pm</b>	Online <a href="https://us06web.zoom.us/j/88314461853">https://us06web.zoom.us/j/88314461853</a>
<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 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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