



LIFE Family & Friends Groups

DAY	TIME	LOCATION	FORMAT
Mondays Every 2 Weeks	5.30pm - 7.00pm	Kingstanding Leisure Centre, Dulwich Rd, Kingstanding, Birmingham B44 0EW	LIFE - CRAFT Face to Face
Fridays Each Week	12.00pm - 1.30pm	Online https://zoom.us/j/95514346157	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.

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