

LIFE Mutual Aid Groups

DAY	TIME	LOCATION
Mondays	5.30pm – 7.00pm	Kingstanding Leisure Centre, Dulwich Rd, Kingstanding, Birmingham B44 0EW
Tuesdays	11.30am – 1.00pm	CGL East Hub, 111 Church Lane, Stechford, Birmingham B33 9EJ
Tuesdays	4.30pm – 6.00pm	BIRCH (Birmingham Inclusive Recovery City Hub) 9 Allcock street, Digbeth B9 4DY
Tuesdays	6.00pm - 7.30pm	The Cotteridge Church, 24 Pershore Road South, Cotteridge, Birmingham B30 3EJ
Wednesdays	11.30am – 1.00pm	The Cotteridge Church, 24 Pershore Road South, Cotteridge, Birmingham B30 3EJ
Wednesdays	1.00pm – 2.30pm	Northfield Baptist Church, 789 Bristol Rd South, Northfield, Birmingham B31 2NQ
Thursdays	3.30pm – 5.00pm	Kingstanding Leisure Centre, Dulwich Rd, Kingstanding, Birmingham B44 0EW
Thursdays	6.00pm – 7.30pm	St Chad's Church, New Road, Rubery, Birmingham B45 9JA
Saturdays	10.10am – 11.50pm	The Cotteridge Church, 24 Pershore Road South, Cotteridge, Birmingham B30 3EJ
Saturdays	11.00am - 12.30pm	Online https://us06web.zoom.us/j/88314461853
Sundays	10.00am – 11.00am	Online https://us06web.zoom.us/j/89507504157 895 0750 4157

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 for further information, visit www.datus.org.uk

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