# BUILDING BRIDGES

Friends and Family

CAMBRIDGESHIRE RECOVERY SERVICE

Provided by Change Grow Live

**Are you affected by a loved one's drug / alcohol use?**
**We are here for confidential support.**

## Building Bridges ONLINE

WEDNESDAYS (WEEKLY) | 15:00-16:00

**ZOOM ID: 723 551 1005**

## Building Bridges FACE TO FACE

### HUNTINGDON:

SECOND MONDAY OF EVERY MONTH:
5:30 pm – 6:30 pm

CGL Hunts, 2–6 Hartford Road, Huntingdon, PE29 3PB

### WISBECH:

LAST MONDAY OF EVERY MONTH:
6:15 pm – 7:15 pm

Inspiration House, Church Terrace, Wisbech, PE13 1BW

**CONTACT: CRS@CGL.ORG.UK**

# Additional Services For
# Friends & Family
## Support

## ADULT CHILDREN OF ALCOHOLICS (ACA)

(ACA)/Dysfunctional Families is a Twelve Step, Twelve Tradition program of people who grew up indysfunctional homes.
We meet to share our experience of growing up in an environment where abuse, neglect and trauma infected us.
This affects us today and influences how we deal with all aspects of our lives.
310-534-1815 www.AdultChildren.org

## AL-ANON

Al-Anon Family Groups are for the families & friends of alcoholics who share their experience, strength, & hope in order to solve their common problems.

Al-Anon Helpline
Talk to a member in confidence.
7 days a week Free phone 0800 0086 811

## ADFAM

Adfam is a national charity tackling the effects of alcohol, drug use or gambling on family members and friends.
Email admin@adfam.org.uk
Telephone 07442 137421 / 07552986887
(please note we do not operate a helpline - see help for families for further information)

## CENTRE 33

Support for children of parents with substances misuse issues.
Telephone Helpline: 0333 4141809
Email: help@centre33.org.uk

**For FAQ about Building Bridges please visit our website at www.CambsRecoveryService.co.uk/BuildingBridges**

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