



# Friends & Family

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

## CAMBRIDGESHIRE RECOVERY SERVICE ONLINE

WEDNESDAYS (WEEKLY) | 14:00-15:00  
2ND SATURDAY OF EACH MONTH (SMART  
FRIENDS & FAMILY) | 10:30-12:00

**ZOOM ID: 723 551 1005**

CONTACT: [AMY.SHEPPARDRICH@CGL.ORG.UK](mailto:AMY.SHEPPARDRICH@CGL.ORG.UK)



Provided by



**Change  
Grow  
Live**

FACE TO FACE  
EVERY OTHER MONDAY  
6:30PM-8:30PM



## CAMBRIDGE

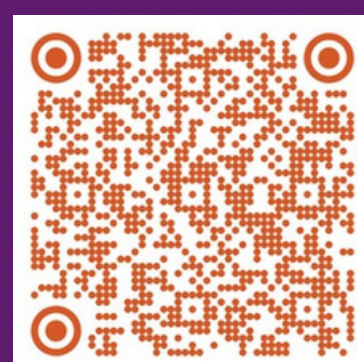
**THE EDGE CAFE**

351 MILL ROAD  
CAMBRIDGE  
CB1 3DF

CONTACT: [GAIL@THEEDGECAFECAMBRIDGE.COM](mailto:GAIL@THEEDGECAFECAMBRIDGE.COM)

CHECK OUR TIMETABLES TO CONFIRM DATES

Online Group



Cambridge Group





# 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 in dysfunctional 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](http://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](mailto: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](mailto:help@centre33.org.uk)

For FAQ about our Friends and Family Groups please visit our website at  
[www.CambRecoveryService.co.uk/FriendsandFamily](http://www.CambRecoveryService.co.uk/FriendsandFamily)



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