



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) | 14:00-16:00
2ND SATURDAY OF EACH MONTH
(SMART FRIENDS & FAMILY) | 10:30-12:00

ZOOM ID: 723 551 1005

CONTACT: AMY.SHEPPARDRICH@CGL.ORG.UK



Provided by



**Change
Grow
Live**

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



CAMBRIDGE

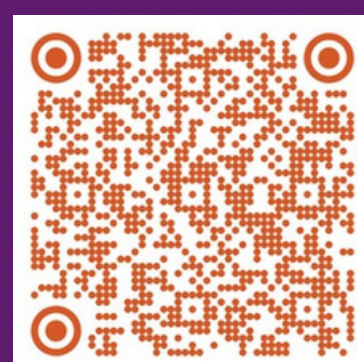
THE EDGE CAFE

351 MILL ROAD
CAMBRIDGE
CB1 3DF

CONTACT: GAIL@THEEDGECAFECAMBRIDGE.COM

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

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 our Friends and Family Groups please visit our website at
www.CambsRecoveryService.co.uk/FriendsandFamily



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