

**Bi-weekly, Tuesday
6-7.30pm, Saturday
10-11am
Starts Sat 26th July**



Maintaining Sobriety

A structured group designed for individuals who wish to develop coping strategies to better manage and maintain their sobriety. Please note, this group is for individuals who are sober, and anyone wishing for support to initially get sober will need to access specialist support.

Scan the QR code or visit the website below to view our group timetable for up to date times and locations.

 catalystsupport.org.uk/activity-timetable/

 groups.cc@catalystsupport.org.uk

 01276 409 415

 07919 541 424

