

Bi-weekly,  
Saturday 10 - 11am



## Maintaining Sobriety

This structured group is for individuals who are already sober and would like support to maintain their recovery. It offers a safe, supportive, and non-judgemental space to develop practical ways of managing everyday challenges.

You'll also have the opportunity to connect with others, sharing experiences and gaining peer support in a welcoming environment.

**Please note:** This group is for those who are already sober. If you need support to begin your sobriety journey, specialist services are recommended.

 [catalystsupport.org.uk/activity-timetable/](https://catalystsupport.org.uk/activity-timetable/)

 [groups.cc@catalystsupport.org.uk](mailto:groups.cc@catalystsupport.org.uk)

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