

**Bi-weekly, online**  
Saturday 10 - 11am



## Maintaining Sobriety


This structured group is designed for individuals who are already sober and seeking support to maintain their recovery, as well as those who use drugs or alcohol in a non-dependent way and are considering reducing without the need for specialist treatment.

The group provides a safe, supportive, and non-judgemental space to develop practical ways of managing everyday challenges, while connecting with others through shared experiences and peer support.

**Please note: This group is not suitable for individuals who require specialist support for drug or alcohol dependency. If you need support with dependency or starting your sobriety journey, specialist services are recommended.**

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

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