

CONNECT

ALCOHOL AND OTHER DRUG
SUPPORT GROUP

WOULD YOU LIKE TO
LEARN MORE ABOUT
REDUCING YOUR ALCOHOL
OR OTHER DRUG USE?

Even if you aren't sure you're ready to change, come along and join our friendly, supportive women's group.

Over a series of 2 hour sessions, Connect allows you to explore your experiences, talk about how you understand and cope with feelings, learn strategies and life skills and find out what can help.

Connect Groups are confidential and non-judgemental. Each group is run by experienced facilitators with expertise in alcohol and other drug rehabilitation.