

EXPLORE

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 group.

Over a series of 2 hour sessions, Explore 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.

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