LIFE Mutual Aid Groups

DAY	TIME	LOCATION	FORMAT
Mondays	**5.00pm - 7.00pm**	**CGL North Hub, Office 1, Patrick Drive, Shady Lane, Great Barr, Birmingham. B44 9ER**	LIFE Face to Face
Tuesdays	**11.30am – 1.00pm**	**CGL East Hub, 111 Church Lane, Stechford, Birmingham. B33 9EJ**	LIFE Face to Face
Tuesdays	**4.30pm – 6.00pm**	**CGL Central and West Hub, 255 Hospital Street, Newtown, Birmingham. B19 2YF**	LIFE Face to Face
Tuesdays	**6.00pm - 7.30pm**	**The Cotteridge Church, 24 Pershore Road South, Cotteridge, Birmingham B30 3EJ**	LIFE Face to Face
Wednesdays	**11.30am – 1.00pm**	**The Cotteridge Church, 24 Pershore Road South, Cotteridge, Birmingham B30 3EJ**	LIFE Face to Face
Wednesdays	**1.00pm - 2.30pm**	**Northfield Baptist Church, 789 Bristol Rd South, Northfield, Birmingham. B31 2NQ**	LIFE Face to Face
Thursdays	**3.00pm – 4.30pm**	**CGL North Hub, Office 1, Patrick Drive, Shady Lane, Great Barr, Birmingham. B44 9ER**	LIFE Face to Face
Thursdays	**6.00pm – 7.30pm**	**St Chad's Church, New Road, Rubery, Birmingham. B45 9JA**	LIFE Face to Face
Saturdays	**11.00am - 12.30pm**	**Online** https://zoom.us/j/94497124180	LIFE Online
Sundays	**10.00am – 11.00am**	**Online** https://us06web.zoom.us/j/81049143421	LIFE Online
Sundays	**3.30pm – 4.30pm**	**Polish Community Group** **Online** https://us06web.zoom.us/j/82751432996	LIFE Online

LIFE stands for Living Independently For Everyone. These are confidential mutual aid groups open to anyone who has struggled with any kind of addictive behaviour. The meetings include evidence-based therapeutic tools drawn from ACT (Acceptance Commitment Therapy) and CBT (Cognitive Behavioural Therapy)

Sessions are led by someone with personal experience of addiction. Attendance at all meetings is open and no referral is required. Meetings do not require abstinence, but you may be asked to leave if you appear intoxicated.

Contact: info@datus.org.uk for further information, visit www.datus.org.uk