

# CRANSTOUN

Empowering People, Empowering Change

## Discovery Group

Cranstoun Inspire's  
12-week programme  
for those experiencing  
stagnation in their  
recovery journey

Fridays, 2-3pm

E: [info-inspire@cranstoun.org.uk](mailto:info-inspire@cranstoun.org.uk)  
T: 020 8773 9393



# Do you want a brighter, safer future?

## How we can help

Our programme will include the following:

- Exploring your values, strengths, motivations and transferable skills
- Understanding emotions
- Short-term and long-term goals
- Preventing relapse
- Breaking negative cycles
- Improving interpersonal relationships
- Establishing a supportive network
- The acknowledgement of the obstacles to your change
- Your willingness to focus on the required responsibility to progress with change.

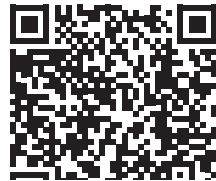
## Frequently asked questions

### What will the programme be like?

It is a big commitment but also exciting. It is a programme of self-discovery which requires engagement and interaction. There are some assignments to be completed which will help evaluate how weekly objectives are successfully met.

### Are people joining and leaving all the time?

No. Clients are started at the same time and are required to attend the full 12-week programme. The group starts promptly at 2pm. There is a 10 minute grace period after which you will not be able to join the group.



## Cranstoun Inspire

Orion House  
19 Cedar Road  
Sutton SM2 5JG

Further support:

### Sutton Crisis Café

(Mental Health Support)  
Open 7 days/week 6.30-11pm  
Tel: 0800 012 9082