

CRANSTOUN

Empowering People, Empowering Change

Cannabis Reduction Group

Cranstoun Inspire's
12-week programme
for those experiencing
difficulties with
cannabis use

Mondays, 1.30-2.30pm

T: 020 8773 9393

E: info-inspire@cranstoun.org.uk

E: cranstoun.org



Do you want a brighter, safer future?

How we can help

We provide support and a safe space for you to explore problematic behaviours and tools to help you reduce or abstain from use.

This is your opportunity to start your recovery and climb out of the chaos which substance use brings. You will be able to share your experiences and have your achievements recognised by others on a similar journey.

Frequently asked questions

Will I have to talk about my past?

The focus of the group is on your cannabis use. No-one is expected to disclose information they are not comfortable talking about.

What will the group be like?

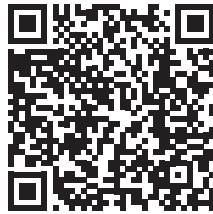
It is a big commitment, it is time consuming, hard work and sometimes difficult. It is also a lot of fun and will encourage hope for a future in recovery.

Are people joining and leaving all the time?

It is a rolling group so people will be coming and going at different times.

What happens if I'm late?

Being late may embarrass you and disrupt others. There is a 10 minute grace period after which you will not be able to join the group and you will need to wait until the end to speak to your key worker. All clients will have a named key worker.



Cranstoun Inspire

Orion House
19 Cedar Road
Sutton SM2 5JG

Useful contacts:

Marijuana Anonymous Group

Every Sat, 1-2pm at St Peter's Church, Clapham SW4 6BX

National Cannabis Prevention Information Centre

www.ncpic.org.au

Samaritans: 116 123

Out-of-hours support

Sutton Crisis Café

Mon-Sun 6.30-11pm
63 Downs Road, Sutton SM2 5NR
T: 0800 012 9082