

CRANSTOUN

Empowering People, Empowering Change

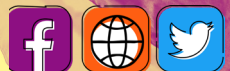
Substance Use 'Introduction to Change' Group

Cranstoun Inspire's programme for those wanting to reduce their use of substance or opiate replacement medication.

Wednesdays, 2-3pm

E: info-inspire@cranstoun.org.uk
T: 020 8773 9393

cranstoun.org



Do you want a brighter, safer future?

A professionally-led group providing an opportunity to move forward from substance use and explore goals and readiness for change. Following consistent engagement you may be referred to detox and/or assessment for funding at a residential rehab if this is your agreed, identified treatment plan.

Aims of the group

- Learning about substances and their effects on the body and mind and to explore what abstinence means and feels like
- Advice about detoxification treatments available
- Support and motivation for clients wishing to make positive changes away from substances
- The opportunity for clients to use their own experiences to inform and support others

Frequently asked questions

Will I have to talk about my past?

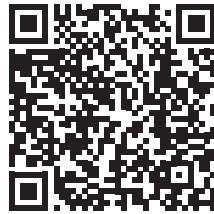
The focus of the group is positive change. No-one is expected to disclose information they are not comfortable talking about.

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. We start promptly at 2pm. 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 facilitator.



Cranstoun Inspire

Orion House
19 Cedar Road
Sutton SM2 5JG

Useful contacts:

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

Narcotics Anonymous:
See www.ukna.org for more details and local groups

Samaritans: 116 123