



**Do you have a family member, partner
or friend who you believe has let their
substance use spiral out of control?**

ALL WELCOME

FIRST MONDAY OF EVERY MONTH - 6PM - 8PM
[CREATESTRENGTHGROUP.ORG/CONTACT/](https://createstrengthgroup.org/contact/) TO REGISTER

This is a support group for like-minded people to share their experiences. Hosted by people who have recovered from problematic cannabis use.

Create Strength Group is an abstinence-based user-led, self-help mutual aid group providing advice, support and information to individuals with a history of cannabis, spice and legal highs use.

FOR MORE DETAILS OR INFORMATION

Email: info@createstrengthgroup.org

Call/Text: 07379 915 190

It's not about what we do, it's what we do next.