



**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 - 6.30PM - 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](mailto:info@createstrengthgroup.org)

**Call/Text:** 07759 053653

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

