

## About change, grow, live

Change, grow, live is a social care and health charity that works with individuals who want to change their lives for the better and achieve positive and life-affirming goals.

Our services will encourage you to find your inner strength and resources to bring about the life and behavioural changes you wish to achieve.

Our goal is to help you regain control, change your life, grow as a person and live life to its full potential.

## Equal opportunities

We always work to the principles of fairness and equality of opportunity in all our recruitment processes. Contact us for more details of our equal opportunities policy.

## Diversity

We are committed to creating a diverse, inclusive environment which celebrates difference and allows our staff and service users to flourish.

## Confidentiality

Our services are confidential and we have an open access policy. However, situations may arise where we will be obliged to notify the relevant authority. We will also share information with other treatment providers if we refer you on.

## Statement of purpose

Our goal is to help you regain control, change your life, grow as a person and live life to its full potential.

This service  
is part of  
the charity:



Change, grow, live (CGL) Registered Office: 3rd Floor, Tower Point, 44 North Road, Brighton BN1 1YR. Registered Charity Number in England and Wales (1079327). Company Registration Number 3861209 (England and Wales).



CGL  
Waltham Forest  
London

Family and Carers Support  
Group for anyone being  
affected by someone else's  
drug or alcohol use

T: 0203 826 9600



This service  
is part of  
the charity:



For more information visit  
[www.changegrowlive.org](http://www.changegrowlive.org)

## Who we are

We are a confidential drug and alcohol service for adults over 18 years of age.

We also have a team of experienced workers who specialise in supporting friends and families who are affected by someone's substance use.

## Where to find us

CGL Waltham Forest  
1 Beulah Road,  
Walthamstow,  
London  
E17 9LG

## Contact us

T: 0203 826 9600

E: [CGL.WalthamForest@cgl.org.uk](mailto:CGL.WalthamForest@cgl.org.uk)

**Facebook:**

**Twitter:** @CGLinWF

This leaflet is available in other languages upon request.

For more information visit  
[www.changegrowlive.org](http://www.changegrowlive.org)

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*I found a space to support me, and now I am better at maintaining boundaries, which has changed my life.*

Service user

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## What we offer

- Confidential support, information and advice
- Caring for someone who has a problem with alcohol and / or drugs can be a very stressful experience; this 5 week programme aims to address some of the concerns and fears you may have.
- Family Intervention: The 5-step Model
  - Step 1: How the problem affects you and your family  
To look at how the person's substance misuse is impacting on you
  - Step 2: Provide you with relevant information. To give you the information that will help – to increase knowledge and address fears and possible misunderstandings.
  - Step 3: 'Exploring and discussing coping behaviours'  
How are you dealing with the situation? What are the advantages and disadvantages of different coping strategies?
  - Step 4: 'Exploring and enhancing supports'. Looking at avenues of support from other people – what is the most helpful support to you?
  - Step 5: 'Additional needs'. Further information: for the person with substance issues or for yourself or other family members.

