

**"The non-judgemental support of others in similar situations has been an enabling breath of fresh air in my life"**

Service user

## What we offer

- Advice, guidance and support
- Affected Others support meetings online
- Affected Others online group
- Norwich support meetings on Mondays
- Great Yarmouth support meetings on Wednesdays
- Thetford support meetings on Thursdays
- King's Lynn Support Meetings on Friday

## Opening hours

### Weekdays:

Monday 09:00 - 17:00  
Tuesday 09:00 - 17:00  
Wednesday 09:00 - 17:00  
Thursday 09:00 - 17:00  
Friday 09:00 - 17:00

### Late opening:

See website

### Where to find us:

We have hubs in Norwich, Thetford, Great Yarmouth and King's Lynn.

See our website for details

## Contact us

**T:** 01603 514096

**E:** [norfolk.info@cgl.org.uk](mailto:norfolk.info@cgl.org.uk)

**f** @CGLNorfolk

**t** @CGLNorfolk

**ig** @CGLNorfolk

For more information visit

**<https://www.changegrowlive.org/alcohol-drug-behaviour-change-norfolk>**

Change Grow Live Registered Office: 3rd Floor, Tower Point, 44 North Road, Brighton BN1 1YR. Registered Charity Number 1079327 (England and Wales) and SC039861 (Scotland). Company Registration Number 3861209 (England and Wales).



Change  
Grow  
Live

Alcohol and Drug  
Behaviour Change  
Service

Norfolk

**Worried about a friend or family member? We have advice on how to support them.**



We're part of  
**Change  
Grow  
Live**

## What the service does

We can help you if you have a friend or family member you are worried about. We have advice on how to support them, whether it's drugs, alcohol or their wellbeing you're concerned about.

But it's also important to make time for your own wellbeing too. We have support in person and online for you. You can also meet others who are in a similar situation.

## How we work

We will support you to overcome the problems or issues that are affecting your life.

We will encourage you to plan your own individual support journey.

Give us a call to find out how we can support you.

## 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 change your life, grow as a person and live life to its full potential.

## Service user involvement and participation

We encourage everyone who use our services to get involved in all aspects of planning and delivery. We use a variety of ways to gather views and opinions to make sure these inform the development of services.

