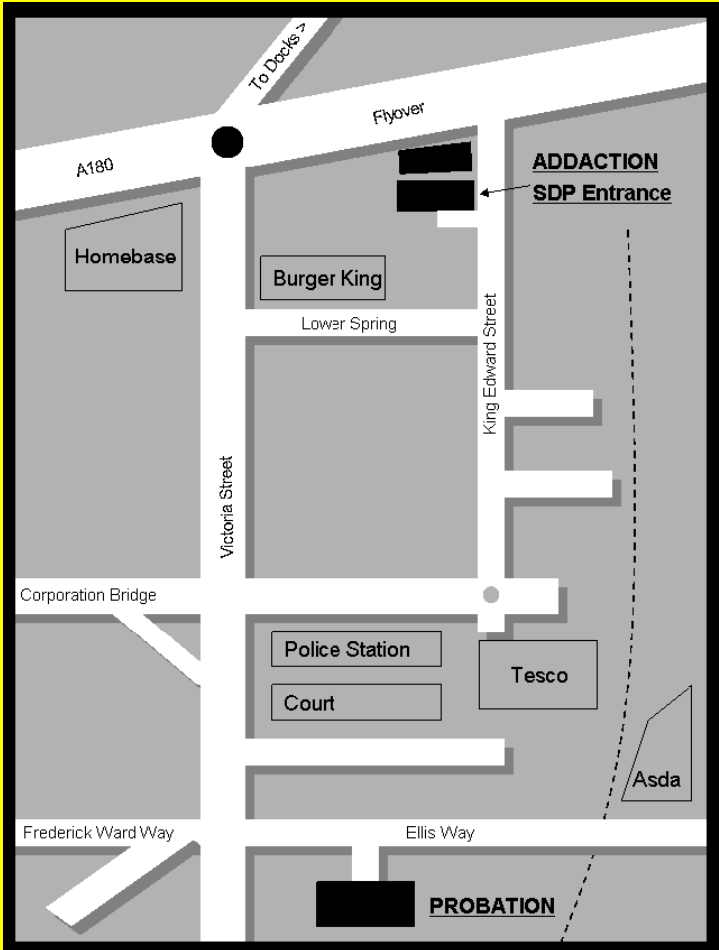


Grimsby

addaction

Helping individuals and communities
To manage the effects
Of drug and alcohol misuse



Addaction SDP
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STRUCTURED DAY PROGRAMME

"helping you to help yourself"

Information Leaflet

What is the Structured Day Programme?

The Structured Day Programme will provide a 13-week rolling programme which can :

- ✓ Help you to overcome problems caused by substance abuse
- ✓ Promote healthy lifestyles
- ✓ Relieve boredom
- ✓ Give you the satisfaction of doing something for yourself
- ✓ Introduce you to new activities.

Who can use the Structured Day Programme?

- ✓ Do you live in the North East Lincolnshire area?
- ✓ Are you over 18 years of age?
- ✓ Do you (or did you) misuse drugs or alcohol?

If you can answer yes to all the above questions, then the benefits of the Structured Day Programme are available to you.

What we can offer

- ✓ Relaxation Therapy
- ✓ Help and advice
- ✓ 1-1 support
- ✓ Health Promotion
- ✓ Women's & Men's Specific Groups
- ✓ Life Skills
- ✓ I.T. Skills
- ✓ Employment, Training & Educational Referrals
- ✓ Peer Support
- ✓ Gym / Swimming / Outside Activities
- ✓ Relapse Prevention

What we expect from you

- ✓ Participation
- ✓ To attend sober and drug free
- ✓ A desire to progress
- ✓ Motivation and Commitment
- ✓ Appropriate Behaviour

***We are open between 9.00am – 1.00pm & 1.30pm – 4.00pm
Please visit or telephone for further information.***