



TUESDAY OPEN MEETINGS – HOLME WOOD

ALL WELCOME

1PM – 3PM

The Volunteer Hub (next to the TFD Centre)

Broadstone Way, Bradford, BD4 9BU

"Thankfully to the Cannabis, Spice and Legal Highs Group, I was introduced to being around people who were able to support each other with advice. Through sharing our experiences of using. I found that when I had smoked weed, it became difficult to draw on my short term memory because of my struggles with dyslexia. Now for over the last 2 years I've been abstinent. My concentration and my ability to remember is now returning and I am going from strength to strength. By regularly attending meetings and contributing, I find I can give advice to people who find it hard at the beginning to stop."

Vance, aged 55 – Father of 3 – Abstinent since 14/02/20116

The Cannabis, Spice and Legal Highs Group is a 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: cslhginfo@gmail.com

**healthy
lifestyle**

