WE'RE HERE TO HELP

GET IN TOUCH
YOU CAN CALL US OR DROP IN
BETWEEN 9-4:30PM MONDAY - FRIDAY

T: 02476 553130

E: COVENTRYYP.INFO@CGL.ORG.UK

23-25 CITY ARCADE COVENTRY CV1 3HX

www.changegrowlive.org/young-people

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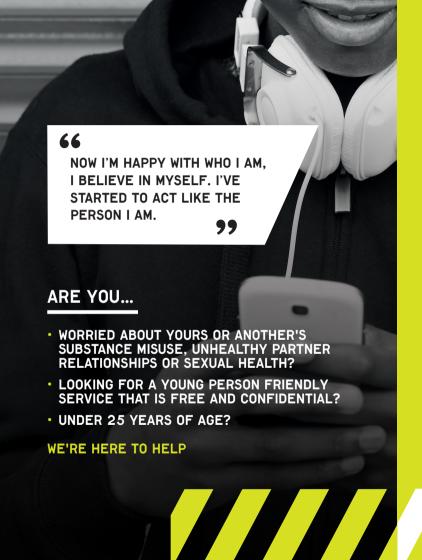
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@positivechoices coventry



Change Grow Live Registered Office: 3rd Floor, Tower Point, 44 North Road, Brighton BNI TYR. Registered Charity Number 1079327 (England and Wales) and SCO39861 (Scotland) Company Registration Number 3861209 (England and Wales).





WHO WE ARE

We're a free and confidential service for young people aged between 5 and 24. We're here to give you help and advice with challenges you're facing in your everyday life. We won't judge and we won't tell you what to do. We'll listen and to support you to make the positive changes that you want.

Our team can help you with lots of different things that might be affecting you, whether it's problems with drugs and alcohol, a family members drug or alcohol use, or other issues like relationships and sexual health.

WHAT WE OFFER

- One-to-one sessions, or group work with other young people in similar situations.
- Advice and support around drugs and alcohol
- Support if you're affected by someone else's drug or alcohol use
- Support around unhealthy partner relationships or sexual health
- Groups, activities and Ecotherapy in our allotment have a look at our Instagram, Twitter and Facebook
- Support to quit smoking