

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



facebook.com/PositiveChoicesCov



@PosChoices_Cov



@positivechoices_coventry



**Change
Grow
Live**

Change Grow Live Registered Office: 3rd Floor,
Tower Point, 44 North Road, Brighton BN1 1YR.
Registered Charity Number 1079327 (England
and Wales) and SCO39861 (Scotland) Company
Registration Number 3861209 (England and Wales).

IF THERE'S
SOMETHING YOU'RE
WORRIED ABOUT
OR YOU JUST
WANT TO TALK,
WE'RE HERE
TO HELP.



**Change
Grow
Live**

Positive Choices
Young People's Substance
Misuse, Relationship and
Sexual Health Service

Coventry



“

**NOW I'M HAPPY WITH WHO I AM,
I BELIEVE IN MYSELF. I'VE
STARTED TO ACT LIKE THE
PERSON I AM.**

”

ARE YOU...

- **WORRIED ABOUT YOURS OR ANOTHER'S SUBSTANCE MISUSE, UNHEALTHY PARTNER RELATIONSHIPS OR SEXUAL HEALTH?**
- **LOOKING FOR A YOUNG PERSON FRIENDLY SERVICE THAT IS FREE AND CONFIDENTIAL?**
- **UNDER 25 YEARS OF AGE?**

WE'RE HERE TO HELP

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**