

Drop in, let's chat!

Here are the upcoming drop-in sessions being hosted by Alex from My Recovery Tameside:

	Emmaus, Queen St, Mossley <u>OL5 9AH</u> 2 - 4pm	The Together Centre, Birch Lane, Dukinfield <u>SK16 5AU</u> 11:45am - 1pm	Oasis Centre, Haughton Green <u>M34 7PL</u> 2 - 3:30pm	Mind, 216-218 Katherine St, Ashton <u>OL6 7AS</u> 10am - 12pm	Recovery Cafe @ Carmel Christian Centre, Seymour St, Denton, <u>M34 3PF</u> 1:30 - 3:30pm
APR	4th 18th	21st	6th 20th	26th	28th
MAY	2nd 16th 30th	5th 19th	4th 18th	24th	26th
JUNE	13th 27th	2nd 16th 30th	1st 15th 29th	28th	23rd
JULY	11th 25th	14th 28th	13th 27th	26th	

For more information:

 alex.bolton@cgl.org.uk

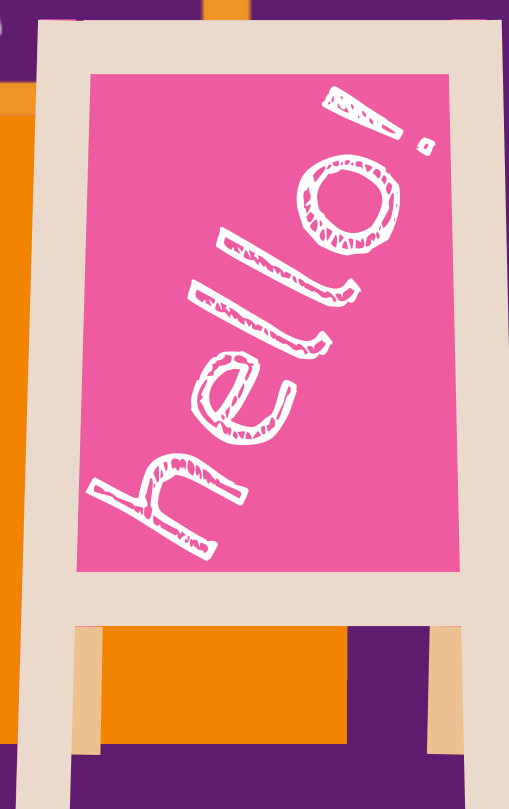
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 [Our website](#)



Chat to us & get support with:

- Referring someone to us
- Info about substances
- Volunteering with us
- Accessing local support



My Recovery Tameside provide info and advice on drug and alcohol use.

We help people to make lifestyle changes to reduce harm and decrease substance use.