



Drug and
Alcohol Service

Waltham Forest

Do you want to make a fresh start?



**Are drugs or alcohol
affecting your life, or the life
of someone you know?**

Want to cut down or stop?
We can help.

We offer:

- Advice and access to treatment
- A personal support plan
- Encouragement and motivation to make a change

**Contact us for free and
confidential information.**

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E: cgl.walthamforest@cgl.org.uk

W: [www.changegrowlive.org/
waltham-forest](http://www.changegrowlive.org/waltham-forest)

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t @cglinwf

We're part of



**Change
Grow
Live**