

Is your habit an addiction?

Do you have a problem with drugs, alcohol, over/under eating, relationships, gambling or any other behavioural addictions?

Would you like to join a specialist group - Finding Abstinence in Diversity - for people from the ethnic and minority communities?

We will help you to stop and stay away from your addiction, free of charge.

1.30 pm every Tuesday from January 2018

Please call 01438 355 649 for more information

In partnership with and based at; The Letchworth Centre for Healthy Living. Hitchin Road, Letchworth Garden City, Hertfordshire SG6 3NA

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