



Change  
Grow  
Live

Drug and  
Alcohol Service

Cheshire East

**We empower children and young people to cope with difficult family situations and feel stronger in themselves.**



**We won't judge anyone involved,  
and this is a confidential service.**

Please email [Joy.Johnson@cgl.org.uk](mailto:Joy.Johnson@cgl.org.uk)  
or call **01625 464 995**

## **We support children and young people who may have been affected by someone else's drug or alcohol use.**

This is a safe space for people to explore their feelings about a situation they might not feel they have much control over. We work with children and young people between the ages of 5 to 18.

We empower them to identify their own goals and achieve their full potential. Together with each child or young person, we decide on age-appropriate activities such as games, art and crafts, and emotional wellbeing resources to help them make sense of their experiences.

**This is a confidential service.**



**“My worker made me realise my dad’s actions aren’t my fault. She made me feel more confident than I ever was before.”**

A young person who used our service

### **About Change Grow Live**

If there's something you're worried about or you just want to talk, then the Change Grow Live team are here to help you.

We're here to give you help and advice with challenges you're facing, whether that's drugs, alcohol, your mental health or relationships.

### **Find out more**

**[www.changegrowlive.org](http://www.changegrowlive.org)**

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