THE SPACE
Unit 8, Gemini Business Park
Sheepscar Way, Leeds, LS7 3JB
Tel: 0113 244 0008
Email: info@thespaceleeds.org.uk

- Full disabled access
- Off street parking
- Bus routes 7, 7a, 7s, 781, 2, 3, 3a, 48 (3 stops from city centre)
- Open weekdays from 9am to 5pm, late nights Monday and Wednesday to 8pm, Saturdays 9.30am to 3pm.

Experiencing problems with drugs, alcohol or mental health?

Need help and support?

...head for THE SPACE, we’re here for you.
**WHO WE ARE**

We are a peer led community organisation for people age 18+ who are recovering from drug, alcohol or mental health problems.

Our help is free and confidential and tailored to your needs.

**What We Do**
- One to one
- Group support
- Access to employment, training and education
- Social and leisure activities
- Peer support, fellowship, being part of a caring community in a fun and friendly environment.

**HOW TO GET HELP**

Just ring us, email or call in for an initial friendly chat.

We’re open every weekday from 9am to 5pm, late nights Monday and Wednesday to 8pm, Saturdays 9.30am to 3pm.

**THE JOURNEY TO RECOVERY**

Our approach is a three stage recovery model:

- **Connect**
  “Only you can do it, but you can’t do it alone!” Building connections and relationships with like-minded peers provides a solid base for your recovery.

- **Build**
  Building a new life is challenging. We have the lived experience and understanding of what it takes. You will learn the skills to live the life of your choice, under your terms.

- **Sustain**
  Making changes and sustaining these is an essential part of the journey. We use tried and tested ways to help you manage your emotions, keep focussed and achieve your goals.

**EXAMPLES OF GROUPS AND ACTIVITIES:**

**Connect**
- Building recovery capital
- Mutual aid & peer support
- Exploring relationships
- Men talk, women talk
- Food for recovery

**Build**
- Life mapping
- Mindfulness
- Planning & decision making
- Building self-esteem & coping
- Managing sleep problems

**Sustain**
- Managing thoughts & emotions
- Accredited training
- Volunteering
- Project development
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