

**Are you struggling with
alcohol or drugs?**



**BETTER
DAYS**

GIRVAN

**Our Group gives men and women the chance
to access support and advice from our
lived-experience team.**

SUPPORT WITH ADDICTION AND
INTER-RELATED PROBLEMS,
MENTAL HEALTH, HOMELESSNESS,
BEREAVEMENT AND OTHER
SOCIAL ISSUES

TUESDAY

1.00pm - 2.30pm

GIRVAN YOUTH TRUST, Z1 YOUTH BAR,
154-156 DALRYMPLE ST, GIR-
VAN, KA26 9BQ