If you're struggling with drugs or alcohol, we're here to help.

We can support you through your journey to recovery. We also offer guidance on reducing the harmful effects of drugs and alcohol and living a healthier, safer life.

Our service is free and confidential. We're open to anyone experiencing difficulties with drugs or alcohol.

Change Grow Live is a health and social care charity. We're here for you if you want to change direction, grow as a person, and live life to its full potential.



Change Grow Live Registered Office: 3rd Floor, Tower Point, 44 North Road, Brighton BNI 1YR. Registered Charity Number 1079327 (England and Wales) and SCO39861 (Scotland) Company Registration Number 3861209 (England and Wales).

Where to find us

CGL Reading 127 Oxford Road Reading Berkshire RG1 7UU

Opening Hours

Weekdays:

Monday 09.00 - 19.00 Tuesday 09.00 - 17.00 Wednesday 13.00 - 17.00 Thursday 09.00 - 19.00 Friday 09.00 - 17.00

Saturday:

Closed

Open access:

09.30 - 16.30

Late opening:

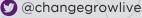
Mondays and Thursdays 19.00

Contact us

T: 0118 955 7333

E: reading.admin@cgl.org.uk

W: www.changegrowlive.org



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