

**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 BN1 1YR. Registered Charity Number 1079327 (England and Wales) and  
SC039861 (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](mailto:reading.admin@cgl.org.uk)

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

 [@changegrowlive](https://twitter.com/changegrowlive)



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**Change  
Grow  
Live**