



Psychotherapeutic Group for Addiction in Didcot

Do you find yourself in a repeating addictive cycle despite your best efforts? Whether it is alcohol, food, drugs, internet, gambling; addictive cycles can be difficult to break once they take hold. Combining psycho-education and support this group aims to help the individual understand the dynamics of addiction and support a move towards healthier outcomes.

This weekly group will welcome GP, Addiction Service and Self-referrals. A 12-week minimum attendance commitment will be required to secure a place. The group will be run by experienced psychodynamic counsellors from the respected Riverside Counselling Service with specialist group and addiction training.

Designed to be compatible with individual therapy, those awaiting treatment or currently part of other recovery communities. The group support offered can also stand alone. There is no requirement to be part of a particular fellowship or belief system. A 12 week commitment to the group, an interest in self-understanding and a call to change are essential.

Where: Didcot Civic Hall

When: Monday Lunchtime, starting March 2022 (dependant on government Covid guidance)

Cost: £10 per week (if this is prohibitive, please talk to us)

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