

Why Join a Group?

Whether you're thinking about making changes, taking your first steps, or building on progress you've made, our groups are here to support you.

What You'll Gain:

- Practical tools to manage cravings and avoid risks.
- Support and connection with others who understand.
- A safe space to set and work toward your goals.



"Groups have been very helpful to myself and provided a weekly focal point to talk through things in a non-stressful and non-judgmental forum."

-Reclaim Programme participant

Turning Point Inspiring Recovery

is a drug and alcohol prevention, treatment and recovery service for anyone over the age of 25 in the Wakefield District.

We provide free and confidential support.



Our Website:

www.turning-point.co.uk/services/wakefield-inspiring-recovery



Scan this QR code with your camera to visit our website



Address:

Radcliffe House 10 The Bull Ring
Wakefield WF1 1HA



Telephone:

0300 123 1912



Email:

wakefield-ir@turning-point.co.uk



PSI Groups

Supportive groups to help you take the next step toward a healthier future

Discover Our Groups

Managing Alcohol Programme

1

Alcohol Resolution Clinic

2

Reclaim Programme

3

Recovery Skills Programme

4

Moving Forward Programme

5

Mindfulness Programme

6

Managing Alcohol Programme (MAP)

For individuals physically dependent on alcohol, MAP offers a structured 7 week program to create a safe plan for reduction or detox. You will:

- Explore triggers and develop effective coping strategies.
- Prepare for life beyond alcohol with practical skills and guidance.

Alcohol Resolution Clinic (ARC)

For individuals looking to change drinking habits without physical dependence, ARC provides a 7 week course to help you:

- Identify high-risk situations and manage cravings.
- Build healthier habits to support your goals.

Reclaim Programme

A 6 week group for individuals using non-opiate substances such as cannabis, cocaine, or ketamine. Reclaim helps you:

- Understand your patterns of use and reduce associated risks.
- Develop tools to manage cravings and plan for change.

Recovery Skills Programme (RSP)

A 12 week group for individuals using crack cocaine, opiates, or multiple substances. RSP focuses on:

- Coping strategies tailored to your recovery goals.
- Managing triggers in challenging situations.

Moving Forward Programme

An 8 week group for individuals on Opiate Substitute Treatment who are ready to reduce their dosage or prepare for detox. Moving Forward supports you to:

- Safely reduce your dosage with professional guidance.
- Build confidence for long-term stability.

Mindfulness Programme

An 8 week group teaching mindfulness techniques to improve focus, reduce stress, and strengthen emotional resilience. Perfect for anyone in recovery, this program helps you:

- Increase self-awareness and manage distractions.
- Stay present and grounded on your journey.

We run groups online and across Wakefield, including in our hubs and local community centers.



How to Get Started?

- ✓ Talk to your Recovery Worker or call us at 0300 123 1912.
- ✓ Explore our groups to find the right fit for you.
- ✓ Join a session- online or at one of our welcoming hubs.
- ✓ Find motivation to make the positive changes you want.

Whenever you're ready, we're here.

For more information, contact your Recovery Worker.