



I felt like I'd tried it all; counselling, patches and other support groups – they just didn't work for me. But after attending a CAP Release Group I've been able to give up smoking! I'm eleven months free, my relationships are better, my view of myself is healthier and I have peace now. **James**



I started the CAP Release Group because I saw how much my partner changed for the better when she joined. I really enjoy the group. The course can bring up some difficult issues and at first it was a bit daunting, but I'm really glad I did it. The end result is fantastic. **Pat**



Being part of a CAP Release Group has helped me to understand why I turned to alcohol. With their help, I gave up drinking in three months. It's like being part of a family; they help me to stay strong and positive. **Tracy**

Support for when you want to stop

No matter what you are tackling, there is always hope. Joining a CAP Release Group will help you to break free from your dependency. You'll join other people who will be going through similar experiences and, supported by dedicated coaches, you'll make positive changes that will have great results.

After struggling for over 15 years, freedom is finally a reality I can grasp.

Church:

CAP Release Group Coach:

Telephone:

Email:

All CAP Release Groups are free but booking is essential.

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info@capreleasegroups.org



capreleasegroups.org

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Find your local CAP Release Group at capreleasegroups.org

Support for when you want to stop

Find freedom from life controlling habits, like smoking, gambling, drinking, or internet addictions.



capreleasegroups.org

Support for when you want to stop

What is a CAP Release Group?

Your local CAP Release Group is a friendly group where you'll find support to help you overcome any life controlling issue that you are facing. This could include smoking, drinking, over-eating or gambling, to name a few. Release groups are based on the 12 Steps principles and are completely confidential, creating an environment of trust and mutual respect for every member. The groups are based in churches and are run by trained volunteers who are dedicated to helping you achieve your goal of a dependency-free life.

How do I know a CAP Release Group is for me?

Whether you've been trying to deal with something for a short time or for as long as you can remember, your local CAP Release Group can help. We offer a unique mix of practical lessons, group time and one-to-one coaching. All of our help is offered in a supportive, encouraging and friendly way.

We know that it can make people nervous to commit to a group without knowing more about it. That's why we always offer an informal, no commitment information evening as the first step. Why don't you come along to that evening to check it out?



Community

Everyone finds it difficult to make a change, but it's a lot easier when we do things together. That's why, when you join a CAP Release Group, you're also joining a community of people who are going through things just like you.



Course

As part of the release group, we provide an eight session course based on the 12 Steps principles. It tackles the key things that affect everyone and make it harder to change our behaviour, such as 'Why do I worry so much?', 'Why does it feel so difficult to change?' and, 'What can I do that will actually help?'



Coaching

We don't just provide a course and then wave you off on your way. We also give you tailored support through our one-to-one coaching sessions. CAP Release Group Coaches will spend time helping you to work through some of your challenges and introduce positive goal setting techniques to help you achieve lasting change.



Celebration

Setting goals isn't enough; it's important to mark the milestones that you hit. That's why release groups are focused on celebrating your achievements. Every CAP Release Group Coach knows that encouragement is the key to real change.



Confidentiality

It can be challenging speaking about the things we struggle with - you might never have done it before. Your local CAP Release Group encourages trust and mutual respect for each other, no matter what you're dealing with. It's a safe place to make the change you need in your life.

