

Home to the Recovery Community in North East Lincolnshire.



'The Comeback is always Stronger than the setback!'

Get Support from our Recovery Community...

Friendship and community can be really important for anyone who is in early recovery from addiction. When people first become free of addiction, they can feel lonely, highly vulnerable and have a lot of uncertainty about the future.

Early recovery can be a lonely time if people do not have a good support network around them. This is because they will have needed to say goodbye to their old friends who are still drinking or using drugs.

Having friends in recovery and being in regular contact with people who have already gone some distance on the path of recovery means they can act as guides, offer advice, give their support and warn against potential pitfalls.

Spending time with others in recovery as part of our community can be inspirational and fun, living proof that it is possible to build a good life away from addiction and a great way to avoid relapses from boredom!

- Abstinence Recovery Programme
- Weekday Open Access Drop-in Peer Support Group
- Regular Art, Design and Creative Workshops
- Large Scale Art and Community Mural Projects
- Wellbeing Activities and Complementary Therapies
- Community Volunteer Opportunities
- Creative Outdoor Activities

Call Us:

07586 458 586

Email Us:

hello@the-comeback.org

Or Visit Between 10 - 3 Weekdays At:

**8 Abbey Walk, Grimsby,
North East Lincolnshire
DN31 1NB**

Art Workshops And Creative Activities



Community Projects

Fill out our simple referral form at www.the-comeback.org and get access to the help you need. Or call us on 07586 458 586 for a confidential chat with one of our peer-support





The Peer-support Art Recovery Programme and Drop-In Service for those in recovery from addiction throughout Grimsby and Cleethorpes who are ready to make a change.

'The Comeback', is staffed by people with lived experience of recovery from addiction, including alcohol, drugs, gambling, internet addiction etc.

We believe in using everything you can to aid recovery and engage in activities that promote self-esteem and well-being.

Complementary and holistic therapies are proven to help addiction recovery and mental health when combined with traditional treatments, counselling and self-help groups

Ranging from mindfulness and meditation, massage therapies, hypnotherapy, aromatherapy, yoga etc to outdoor activities, community walks, wellbeing and selfcare workshops.

As well as counselling, these types of therapy can help you relax, relieve symptoms of depression, stress, anxiety and help you focus, manage cravings and heal your body mind and spirit, naturally.

We have also found Art to be a great way to successfully clear a busy mind. It provides a structure and a work ethic that may not be found in other activities.

Our 'Art in Recovery' workshops are delivered by our team of art mentors at our art studio with all materials, canvases, paint and brushes provided by our service.

Find out more at www.creativestartcic.org/art-of-recovery-workshops

Well-being Activities and Complementary Therapies



Art in Recovery Workshops and Creative Activities

