

EMPOWERING LADIES



Drop-In Service

Be Bold. Be Brave. Be Connected.

Join our Drop-In Women's Group – a safe space to **talk, listen, and support each other.** No pressure, just good company and real conversations.

If you're facing challenges with drugs or alcohol, you're not alone. Let's log in, **share stories, and lift each other up** – no filters, just honesty.

 Stevenage Hub, Armstrong House
Norton Road, Stevenage SG1 2LX

 Every Wednesday

 3PM - 4PM

Contact us by



SPECTRUM
Drug and Alcohol



phone or email
for more info.

Change
Grow
Live

Recovery Services
Hertfordshire



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