

PREVENTION & EDUCATION

Our Prevention & Education team offers a range of initiatives, aiming to inform and educate young people about alcohol and its many related issues.

A major part of our work is the provision of our award winning, alcohol awareness programme “Young Booze Busters” to primary schools located in the East of Glasgow.

It is designed to inform young people about alcohol related issues supporting them to explore and develop their understanding of the impact of risk-taking behaviour on their life choices and enables them to make informed personal choices with the aim of promoting healthy lifestyles.

The programme covers life skills such as decision making, assertiveness skills, resilience and emotional intelligence with young people learning to use these skills in role play scenarios within the safety of the classroom.

Outwith the classroom young people are encouraged to continue their learning about Alcohol, Tobacco and other drugs by visiting the www.youngboozebusters.com website.



DO YOU NEED ADVICE OR HAVE A QUESTION TO ASK?

If you're looking for some help or have a question about any of our services, please get in touch. Our service is completely confidential.

You can call our office during working hours and one of our team will be happy to assist you or you can contact us online via our website, where you can also see videos showcasing our work as well stories of recovery.

Glasgow East Alcohol Awareness Project (GEAAP)

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www.geaap.org

Email: info@geaap.org

Twitter: [@geaap_official](https://twitter.com/geaap_official)

Opening Hours
Monday to Friday 9am to 5pm



SUPPORTING POSITIVE CHANGE

Glasgow East Alcohol Awareness Project



“GEAAP”

Glasgow East Alcohol Awareness Project is a community alcohol project that has been offering a service to the East of Glasgow since 1991. Our aim is to reduce the harm associated with the use and misuse of alcohol.

To help us achieve this aim we offer a range of FREE services to anyone concerned about their own or another’s alcohol use. Including the following:

GROUP WORK

Our weekly Woman’s Group is aimed at women who have experienced alcohol issues and provides the opportunity to socialise over lunch & participate in group activities such as Arts and Crafts. It is a chance for women to be surrounded by a friendly network of people, developing new skills and forming a strong network of support for one another.



COUNSELLING

We offer free, One to One counselling, Young Persons counselling, Couple and Family Therapy.

We are not an abstinence based service and work with the targets and goals set by each individual.

All our employed counsellors are qualified to a minimum of Diploma level.

Our Counsellors are qualified in either Person Centred or CBT (Cognitive Behavioural Therapy) and this allows us to offer a specific range of services to fit with our client’s needs.

An initial assessment will be carried out on your first visit, as this allows us to decide on which counsellor may be best suited to you.

Each session will last around 50 minutes and will be either weekly, fortnightly or monthly depending on your requirements.

We offer counselling Monday 9am – 7pm and Tuesday to Friday 9am – 4pm.



PEER MENTORING

Alcohol Peer Mentoring support is available for anyone over the age of 18, living in the East of Glasgow and is for anyone who needs a bit of support to access a service or activity for the first time.

The service is provided by volunteer Peer Mentors who all have lived experience of alcohol issues and have been trained to support individuals in the early stages of recovery.

Support can be provided to attend a wide range of appointments such as G.P. Hospital or Alcohol Drug Recovery Service appointments, as well as help to access the many recovery initiatives now established across Glasgow.

The service is available seven days a week, including weekends.

