

# CRANSTOUN

Empowering People, Empowering Change

**Every young  
person deserves  
the best start  
in life**

Our Oxfordshire  
service provides a  
range of alcohol  
& drug support  
for children,  
young people &  
their families.



[cranstoun.org](http://cranstoun.org)



# Do you want a brighter, safer future?

## How we help

Cranstoun's children & young people services are designed to empower, inspire & encourage positive change.

Our Oxfordshire service provides alcohol and drug support for children and young people (8-19) and young adults (19-25) affected by their own, or someone else's substance use. We also support concerned families and parents.

## What we offer

We provide tailored services to help people achieve their unique goals.

Our free & confidential support could include:

- One-to-one support in a safe space
- Information about alcohol & drugs
- Setting goals for positive change
- Harm reduction advice and how to stay safe
- C-Card scheme and links to sexual health support
- Online structured intervention programme
- Lifestyle advice
- Signposting to other services
- Family and carer support
- MPACT (Moving Parents & Children Together) Programme
- Online & telephone appointments with a specialist family worker.

Please ask the young person's consent before contacting us.



## Here4YOUTH Oxfordshire

**T: 01865 590 825**

[here4youthox@cranstoun.org.uk](mailto:here4youthox@cranstoun.org.uk)

**Visit our website at:**

**[cranstoun.org](http://cranstoun.org)**



## Opening hours

We're open Monday to Friday 9am – 5pm.

We can meet you at home, school, college or in your community if you prefer.