



## I Tried...

out of curiosity,  
out of discouragement,  
out of wanting  
to be accepted...



## I Thought...

a puff of smoke,  
a dose of drugs,  
a peg would help,  
but now...



## I'm Lost...

where can I get  
**HELP?**

There is **Hope.**

abha<sup>am</sup>  
place of comfort

## The Evergrowing Need.

Bangalore is the fastest growing city in India with its ever-increasing urban population. The city is also growing in number with regard to substance abuse and alcohol addictions. The age group of such addicts ranges from school children, college-goers, the call center work group as well as other groups who are lonely, and desperate to be loved and valued. Bangalore is also known as the Pub City with the rate of alcoholism at 54% as compared to other cities among students in a study taken as early as 1970.

Having lived a life of addiction for many years, Albert PJ not only knows what hell such a life can be, but he now also knows the contrasting freedom that lies on the other side. Though those years of addiction are a nightmarish memory, they also gave rise to a beautiful dream **Abhayam, a place of comfort.**



Albert along with his wife, Laly, have been actively involved in working among the addicts in several cities for the past 10 years. Abhayam was started in 2007 aiming at not just understanding addiction among people, but it's priority was to understand people and take them on an incredible journey of recovery and finding freedom from the substances that consume them.

Abhayam serves as a rehabilitation platform to addicts who truly find comfort and make their lives count! It's a place where men and women can get help from alcohol and drug addiction.

### Our Vision.

To combat the alarming trend of substance abuse, Abhayam aims to provide holistic development to substance addicts and alcoholics through rehabilitation and spiritual development, integrating them back into society and simultaneously working towards a drug-free world.

### Our Values.

- Hope
- Family
- Responsibility
- Respect
- Integrity

### Our Centres.

- Abhayam Men's Home
- Abhayam Women's Home
- Abhayam Pakhal Veedu (Daycare home for the aged)

### Our Advantage.

- 24x7 support staff
- Professional individual and family counseling that helps them to cope with the new atmosphere
- Vocational training includes classes in music, handicrafts and cooking along with Job/Life skills
- Medical treatment
- Intervention and care
- Awareness programmes in educational institutions.

For more information contact us at:



**Registered Office & Rehabilitation Centre:**

#4, 3rd A Extn., Lake View Residency, Horamavu Agara, Horamavu P.O., Bangalore - 560 043.

☎ +91 080 2531 5749 | ✉ abhayambangalore@gmail.com | 🌐 www.abhayamtrust.org

**HELPLINE:** 📞 +91 99805 91002