



Is someone
in your family taking
drugs and/or alcohol?

Are you looking for practical
down to earth information and support?

Family Drug Support presents the '**Stepping Forward**' series providing –

- ✓ Clear & practical information sessions
- ✓ A safe place to share & to feel supported

Please join us for a **FREE Three-Hour session** covering –

1. Families Stages of Change –

- Information about the Stages of Behaviour Change for people using substances
- Understanding why people use alcohol and other drugs
- The reality of lapse and relapse
- Practical strategies to support people using substance
- Learning about the Stages of Change for Families
- Strategies to help family members to cope
- Balancing self-care and remaining supportive and caring

2. Effective Communication -

- Strategies on how to communicate with people using substances
- Discussion on what works and what doesn't
- Some practical and simple tips that will make a difference
- Understanding communication in the household

Monday 23rd of August from 9.30am – 12.30pm

Each session is designed so that you will have something of value to take away to help you on your journey.
Everyone is welcome to attend one or more sessions.

Venue: Beenleigh Uniting Church, 32-50 Mt Warren Bvd, Mount Warren Park Queensland 4207

Bookings are essential

Cost: FREE

Contact Natasha on 0484 002 178 or natasha@fds.ngo.org.au

