

FRASER COAST REGION

Free Alcohol and Other Drugs Information Sessions



Concerned about a family member's substance use?

Breakthrough for Families Qld is a program designed to support families and significant others of individuals affected by substance use.

Information Sessions Cover:

- Understanding substance use and its impact on physical and mental health.
- Strategies and practical plans to talk about substance use as a family, support your loved one and reduce harm.
- Connection to individual support and referrals to other community services.

The sessions aim to be culturally respectful, accessible, confidential and inclusive. All members of the community are welcome to attend.

Families are encouraged to attend both information sessions.

- Session A: Alcohol and Other Drug (AOD) Information
- Session B: Support to Families Information

TOWN	DATE	DAY	TIME	VENUE	SESSION TYPE
Fraser Coast via Zoom	27.08.20	Thursday	1.00pm – 2.30pm	Zoom link will be provided upon registration	Session A
Fraser Coast via Zoom	3.09.20	Thursday	1.00pm – 2.30pm	Zoom link will be provided upon registration	Session B

Alternatively, for confidential information and support by appointment contact Bridges Health & Community Care's Drug & Alcohol Intake and Advice Line on telephone 1800AODBridges (1800 263 274).

Please RSVP by 25th August 2020 to sandieb@bas.org.au

Light refreshments provided

For enquiries or to book call 1300 707 655 or email sandieb@bas.org.au

➔ www.bas.org.au/BFFQ

You are welcome to contact us with any questions.

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