

## BUNDABERG 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
Bundaberg	1.09.20	Tuesday	5.30pm - 7.00pm	Bundaberg & District Neighbourhood Centre, 111 Targo St, Bundaberg	Session A
Bundaberg	8.09.20	Tuesday	5.30pm - 7.00pm	Bundaberg & District Neighbourhood Centre, 111 Targo St, Bundaberg	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 27<sup>th</sup> August 2020 to [sandieb@bas.org.au](mailto:sandieb@bas.org.au)

*Light refreshments provided*

**For enquiries or to book call 1300 707 655 or email [sandieb@bas.org.au](mailto:sandieb@bas.org.au)**

➔ [www.bas.org.au/BFFQ](http://www.bas.org.au/BFFQ)

*You are welcome to contact us with any questions.*

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**Breakthrough**  
For Families Queensland  
Drug Information and Support

