

# Concerned about Drugs or Alcohol use in your family?



## Are you at a loss as to what to do? Feeling helpless and isolated?

Drug and alcohol use places immense emotional and practical strain on family members. With support, they can improve their own wellbeing, those of other family members, and improve outcomes for everyone.

### Family Drug Support presents a 2-weekend course **‘STEPPING STONES’**

Winner of National Drug and Alcohol Award for Excellence

*“The course was a life saver! It provided skills for me to survive. It opened up new ways of seeing and dealing with myself and the drug user. It was a great relief and support to be with others.” – Joan\**  
*“I can now support my son in a way that will lead to positive outcomes. I have skills to support and love him without needing to control. I have also taken back my life and value myself as a person.” – Peter*

\*names changed for confidentiality

**There are no rights or wrongs**

**You don’t have to do it alone, nor do you have to remain helpless.**

**Learn new skills to help cope better and survive this journey intact.**

**WHEN:** October 15<sup>th</sup> / 16<sup>th</sup> & 29<sup>th</sup> / 30<sup>th</sup> 2022 (over 2 consecutive weekends)

**TIME:** 9:30am to 4pm (all four days)

**COST:** FDS members \$40 (course workbook)

Non-members \$70 (\$30 annual membership subscription plus \$40 workbook)

The course itself is free.

**VENUE:** Mirikai Lives Lived Well - 191 West Burleigh Road, Burleigh Heads QLD 4220

**CALL:** Natasha on 0484 002 178 or Head Office (02) 4782 9222

**RSVP by 7<sup>th</sup> October 2022 - Limited spaces Bookings are essential.**



**FOR INFORMATION AND SUPPORT 24/7 CALL 1300 368 186 or  
NATIONAL HEAD OFFICE (02) 4782 9222**