



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 '**Stepping Forward**' providing -

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

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

1. Workable Boundaries –

- Strategies on how to set effective boundaries
- Exploring why setting boundaries is difficult
- Tips on negotiating healthy boundaries
- What to do when a boundary is broken
- Discussing ideas on how to communicate when setting boundaries

2. Conflict Resolution -

- Discussing what is conflict
- Understanding conflict where substance use is involved
- Strategies on how to deal with conflict and negotiate
- Exploring conflict and anger

Saturday the 22nd of October from 10am to 1.30pm

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: Nerang Neighbourhood Centre, 29 Martin St, Nerang

Cost: FREE

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

Register Online: https://steppingforward_boundaries_conflict_oct.eventbrite.com.au

