



**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

The 2 Hour session on offer covering -

1. Stages of Change & Balance Pole

- The stages of change for those engaged in using
- The stages of change for families
- How to cope through self-care
- Letting go and still remain supportive and caring

When: 6.30pm – 8.30pm - Tuesday 28th August 2018

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.

Where: Lives Lived Well - Unit 5/155 Alma Street, Rockhampton Qld 4700

Cost: Free (donation welcome)

For more information please call Chrissie at FDS on 0484 002 181

