



## Is someone in your family using drugs and/or alcohol?



## Are you looking for practical down to earth information and support?

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***Stepping Forward*** are educational and interactive sessions for families, friends and workers providing information and support related to alcohol and other drugs.

**Sessions provide:**

- ✓ Clear and practical information sessions
- ✓ A safe place to share and to feel supported

**The day will cover three sessions:**

1. Stages of change for person using drugs and families – What goes on for families?
2. Effective communication – What works and what doesn't?
3. Alcohol and Other Drug information - Find out about drugs, drug use and history

**Date:** Saturday, September 1<sup>st</sup> 2018

**Venue:** Community Connections Hackham – 72 Collins Parade, Hackham SA 5163

**Time:** 9:30 am – 4:00 pm

**Cost:** Free (donation welcome)

**Bookings are essential – please contact Brendan on 0457 030 805**

*“Family Drug Support has helped thousands of families survive this ordeal. Whatever happens, you will be glad you came along”, Theo Group Leader FDS*