

BreakThrough Lilydale

Date : 10th and 24th February

Time : 5:30pm-7:30pm

Venue : Lilydale Lake Community Room

Address : 435 Swansea Rd, Lilydale

Please Note, if your workshop runs over two nights, you must book BOTH sessions

Turning Point, SHARC and Bouverie Family Therapy Centre, are pleased to offer BreakThrough, Ice education for families. This program is funded by the Department of Health and Human Services as part of the Victorian Ice Action Plan. Facilitators from Turning Point and SHARC will be delivering **four hour education sessions (over one or two days) to families who are concerned about ICE use by a loved one.**

Over the course of the workshop the following information will be discussed.

THE FACTS

- What is ICE
- Why do people use ICE and why it causes problems for users, families and the broader community.
- We will help people identify if family members are using ICE and their patterns of drug use.
- Most importantly, we will explain the process by which people decide to seek help for their drug use and how families can support these decisions.

FAMILY STRATEGIES

- Looking at the relationship between drug use and mental health
- Provide practical strategies to help family members discuss drug use
- Offer strategies to manage challenging behaviours and keep safe during difficult times

SEEKING HELP

All family members attending the workshop will be given information on where to get help and support following the completion of the workshop and options for ongoing support activities.



To register your interest in attending this workshop please go to:
www.turningpoint.org.au/education/breakthrough

**Alternatively Call Family Drug Help on 1300 660 068
or the Ice Advice Line on 1800 423 238**