

Concerned about a family member's substance use?



Free information sessions for families

What do they cover?

- Understanding substance use and its impact on physical and mental health.
- Strategies and practical plans to talk about substance use as a family, support your loved one and reduce harm.
- Connection to individual support and referrals to other community services.

Upcoming for the Brisbane region

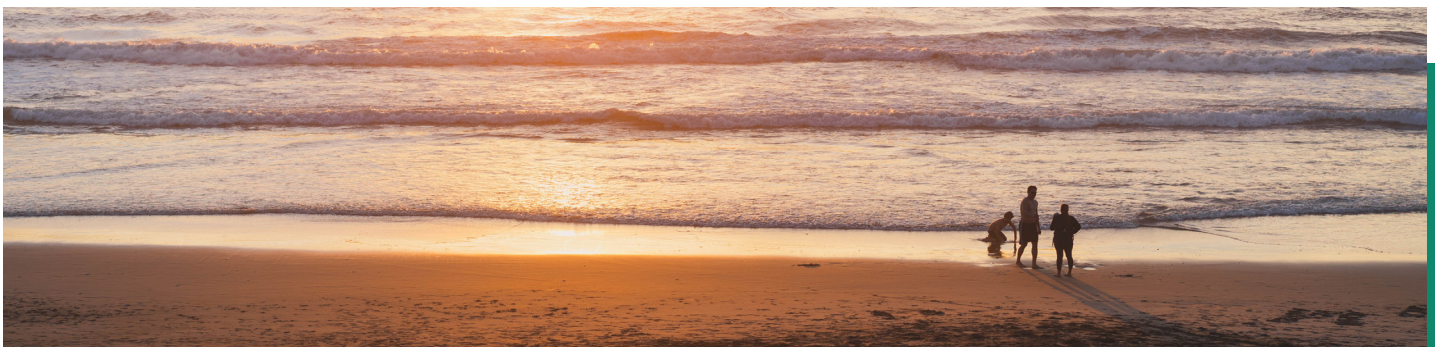
- **Wednesday 9 January, 10am – 12pm**
Browns Plains: Logan West Library,
69 Grand Plaza Drive, Browns Plains
- **Tuesday 22 January, 3:30pm – 5:30pm**
Strathpine: Lives Lived Well,
6B / 424 Gympie Rd, Strathpine
- **Monday 14 January, 3:30pm – 5:30pm**
Deception Bay: Lives Lived Well,
L1/420 Deception Bay Rd, Deception Bay
- **Thursday 24 January, 4pm – 6pm**
Jamboree Heights: Churches of Christ,
17 Intrepid St, Jamboree Heights
- **Tuesday 15 January, 4pm – 6pm**
Logan: Logan Central Library,
26 Wilbur St, Logan Central
- **Wednesday 30 January, 2pm – 4pm**
Slacks Creek: YFS
376 Kingston Rd, Slacks Creek

To RSVP or for more information

Katie: 0439 774 558 or kathryn.hudson@liveslivedwell.org.au

Ruth: 0437 932 550 or ruth.devereux@liveslivedwell.org.au

You are welcome to contact us with any questions



Breakthrough
For Families Queensland
Drug Information and Support



www.liveslivedwell.org.au



1300 727 957

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