

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 Cairns region

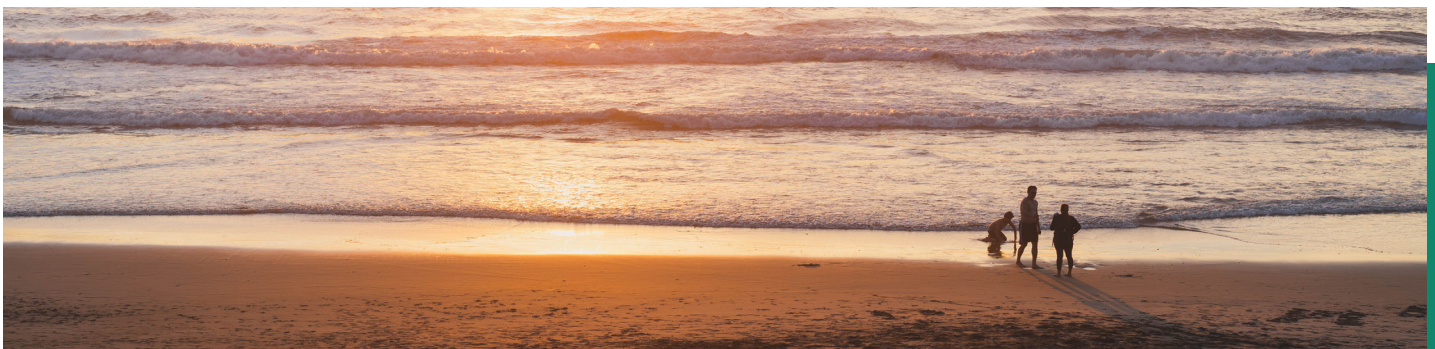
- **Thursday 10 January, 10.30am – 12.30pm**
Atherton: CST Community Centre, 38 Mabel Street, Atherton
- **Wednesday 16 January, 5:30pm – 7:30pm**
Cairns: Lives Lived Well, 139 Sheridan St, Cairns
- **Wednesday 23 January, 5:30pm – 7:30pm**
Cairns: Mental Health Unit, Cairns Hospital, Lake St, Cairns

To RSVP or for more information

Clare: 0437 693 558 or clare.thompson@liveslivedwell.org.au

Sara: 0437 742 832 or sara.rosandich@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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