

# 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 Sunshine Coast region

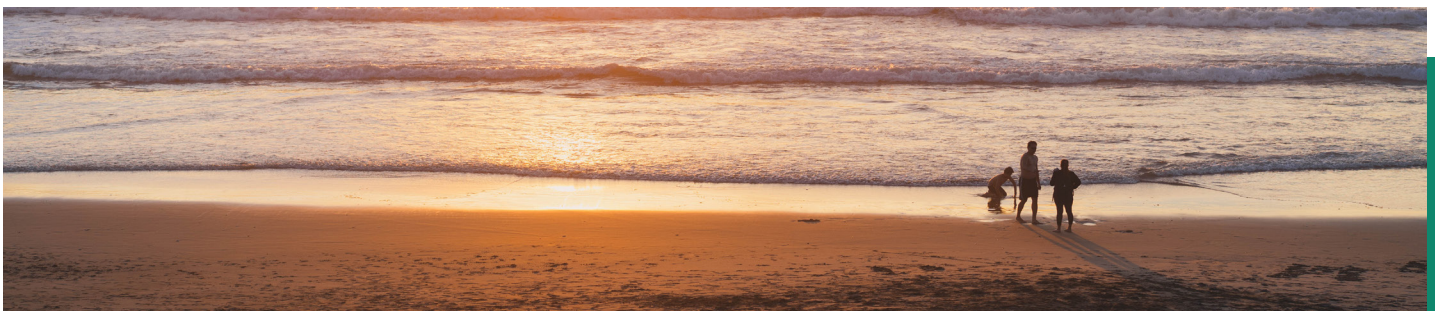
- **Thursday 10 January, 11am – 1:30pm**  
Pomona: Pomona Community House,  
1 Memorial Ave, Pomona
- **Tuesday 15 January, 3:30pm – 6pm**  
Kawana: Kawana Library,  
30 Nanyima St, Buddina
- **Thursday 17 January, 1pm – 3:30pm**  
Nambour: Nambour Community Centre,  
2 Shearer St, Nambour
- **Friday 18 January, 11am – 2pm**  
Gympie: Avenues Lifestyle Support ,  
37 Red Hill Rd, Gympie
- **Monday 21 January, 1:30pm – 4:30pm**  
Maleny: Maleny Library,  
5 Coral St, Maleny
- **Tuesday 22 January, 1pm – 3:30pm**  
Noosa: Noosa Aged Care Facility,  
119 Moorindil St, Tewantin
- **Thursday 24 January, 11am - 2pm**  
Coolum: Coolum Civic Centre,  
2-4 Park St, Coolum Beach
- **Tuesday 29 January, 1:30pm – 4pm**  
Maroochydore: Millwell Rd Community  
Centre, 11 Millwell Rd East

### To RSVP or for more information

Jason: 0439 853 457 or [jason.costoulas@liveslivedwell.org.au](mailto:jason.costoulas@liveslivedwell.org.au)

Emili: 0439 853 596 or [emili.pitter@liveslivedwell.org.au](mailto:emili.pitter@liveslivedwell.org.au)

*You are welcome to contact us with any questions*



**Breakthrough**  
For Families Queensland

Drug Information and Support



[www.liveslivedwell.org.au](http://www.liveslivedwell.org.au)



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