

# 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 Townsville region

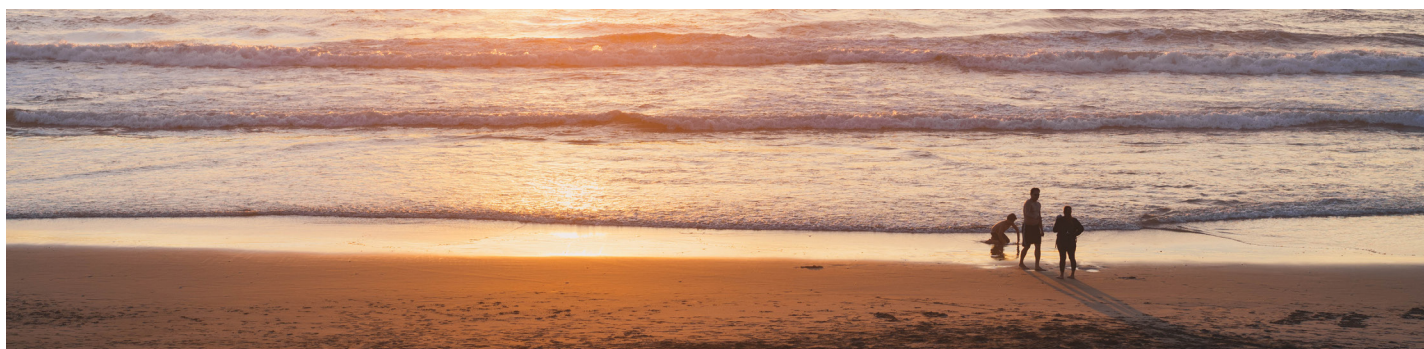
- **Thursday 10 January, 9:30am – 11:30am**  
Hyde Park: Lives Lived Well, Park Haven Medical Centre, 5 Bayswater Rd, Hyde Park
- **Monday 14 January, 10:30am – 12:30pm**  
Charters Towers: Excelsior Library, Meeting Room 2, 130-132 Gill Street, Charters Towers
- **Thursday 17 January, 10:30am – 12:30pm**  
Ingham: Hinchinbrook Community Support Centre, 71 Townsville Road, Ingham
- **Tuesday 22 January, 10:30am – 12:30pm**  
Ayr: Burdekin Neighbourhood Centre 40 Chippendale Street, Ayr
- **Wednesday 23 January, 4:30pm – 6:30pm**  
Hyde Park: Lives Lived Well, Park Haven Medical Centre, 5 Bayswater Rd, Hyde Park
- **Wednesday 30 January, 10am – 12pm**  
Palm Island: Ferdy's Haven Lot 474 Coconut Grove, Palm Island

### To RSVP or for more information

**Amy: 0409 374 722 or [amy.bridson@liveslivedwell.org.au](mailto:amy.bridson@liveslivedwell.org.au)**

**Brad: 0447 322 294 or [brad.farrand@liveslivedwell.org.au](mailto:brad.farrand@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)



1300 727 957

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