Concerned about a family member's substance use?

Free information sessions

- Understanding substance use and its impact, including facts about methamphetamines (ice).
- Strategies and practical plans to support your loved one, reduce harm and care for yourself.
- Connection to individual counselling and find out about other supports in the community.

Upcoming Webinars

Friday 3 September, 1pm- 3pm	https://liveslivedwell-org-au.zoom.us/j/81402783253
Wednesday 8 September,4pm- 6pm	https://liveslivedwell-org-au.zoom.us/j/82442913008
Tuesday 14 September 9am-11am	https://liveslivedwell-org-au.zoom.us/j/86550514254
Thursday 16 September, 2pm- 4pm	https://liveslivedwell-org-au.zoom.us/j/84298784767
Wednesday 22 September, 4pm-6pm	https://liveslivedwell-org-au.zoom.us/j/85223271630
Tuesday 28 September, 9am-11am	https://liveslivedwell-org-au.zoom.us/j/89512099744

All sessions are facilitated by BFF counsellors from Brisbane, Sunshine Coast, Cairns and Townsville.

Sessions are accessed via ZOOM by clicking on the link provided and follow the instructions to register your attendance.

For further information please contact:

breakthroughforfamilies@liveslivedwell.org.au

Lives Lived Well is a not-for-profit organisation supporting people and families impacted by drugs, alcohol, or mental health.

www.liveslivedwell.org.au

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Lives Lived Well

Breakthrough For Families Queensland
Drug Information and Support