

drug.ARM

ARE YOU CONCERNED ABOUT SOMEONE'S ALCOHOL OR OTHER DRUG USE?

FREE COMMUNITY INFORMATION SESSIONS ON ALCOHOL AND DRUGS

Breakthrough for Families Qld supports families, significant others and loved ones of individuals experiencing substance use issues.

WE CAN HELP WITH:

- How to have a conversation with a family member, friend or loved one who has a substance use issue
- How to set healthy boundaries...and keep them
- Information on why people use alcohol and other drugs, lapse and relapse and the stages of behaviour change
- Trustworthy source of information about alcohol and other drugs
- Information on how to navigate the alcohol and other drug treatment system
- Support for family members, including connection to ongoing social and health services

UPCOMING SESSIONS:

**Free Information Session
Provided by the BFFQ team**

Joyce and Bevan

Come join us at

selectability's

Mackay Mental Health Hub

11 Wood Street,

MACKAY

31/08/2021 - 10.30am to 12.30pm

Register here: selectability.com.au/community--clinical/mental-health-hubs

AWARENESS
REHABILITATION
MANAGEMENT

FOR MORE INFORMATION
CONTACT INTAKE ON 07 3620 8880
INTAKE@DRUGARM.COM.AU



Breakthrough
For Families Queensland
Drug Information and Support

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