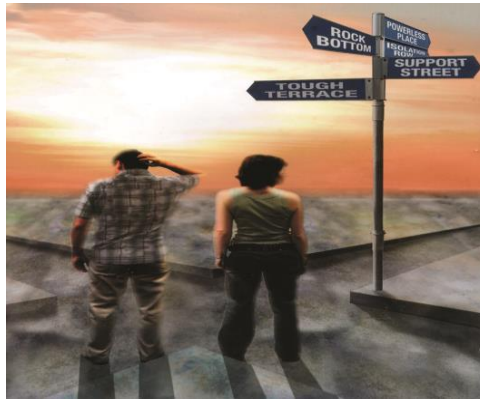


Shepparton, VICTORIA

## IS SOMEONE IN YOUR FAMILY TAKING DRUGS?



### Are you at a loss as to what to do? Feeling helpless and isolated?

Drug and alcohol use places strain for family members who experience serious disruption and strain while facing immense emotional and practical challenges. With support, they can improve their own wellbeing, those of other family members, improve outcomes for everyone.

### Family Drug Support (FDS) and Primary Care Connect presents a 4 day course

### ‘STEPPING STONES TO SUCCESS’

Winner of National Drug and Alcohol Award for Excellence

*“The course was a life saver! It provided skills for me to survive. It opened up new ways of seeing and dealing with myself and the drug user. It was a great relief and support to be with others.” – Joan\**

*“I can now support my son in a way that will lead to positive outcomes. I have skills to support and love him without needing to control. I have also taken back my life and value myself as a person.” – Peter\**

\*names changed for confidentiality

### There are no rights or wrongs

**You don’t have to do it alone, nor do you have to remain helpless.**

**Learn new skills to help cope better and survive this journey intact.**

- DETAILS –** Over 4 days in March Weds & Thurs 2-3 & 16-17 (1 week break in between)
- TIME –** 9:30M to 4pm (all 4 days)
- COST –** Free
- VENUE-** Primary Care Connect, 399 Wyndham St, Shepparton VIC 3632
- CALL-** Theo (FDS) 0402 604354 or Shannon (PCC) on 5823 3200

**Limited space so booking is essential**

**This is a joint project between FDS and Primary Care Connect**



**For help 24 hours a day, ring FDS toll free Support on 1300 368 186**