



Stepping Stones Hackham

Community Connections
Hackham 72 Collins Parade

4 Saturdays March
16th, 23rd, 30th &
April 6th, 2019

9.30am – 4.30pm (each day)

Contact Chloe on 0428 271
743 or Brendan on 0457 030
805

www.fds.org.au

FAMILY DRUG SUPPORT STEPPING STONES



FEELING HELPLESS AND ISOLATED AND AT A LOSS AT WHAT TO DO?

Drug and alcohol use places immense emotional and practical strain on family members. With support, they can improve their own wellbeing, those of other family members, and improve outcomes for everyone

Family Drug Support Presents a Four Day Course - 'Stepping Stones'

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 belief and support to be with others." – Joan (names changed for confidentiality)

There are no rights and wrongs – You don't have to do it alone

Learn new skills to help cope better and survive the journey in tact

WHEN: March 16th, 23rd, 30th and April 6th, 2019

TIME: 9.30am – 4.30pm each day

COST: FDS members \$40 (course workbook)

Non-member \$70 (\$30 annual membership and \$40 course workbook)

VENUE: Community Connections Hackham – 72 Collins Parade, Hackham

**Booking are essential contact Chloe 0428 271 743, Brendan 0457 030 805 or
Head Office (02) 4782 92222**