

Concerned about Drug or Alcohol use in your family?



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

Family Drug Support are holding their award winning 2-weekend course in Mount Gambier, August 2021:

‘STEPPING STONES’

*“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

When & Where: UniSA 170 – 174 Wireless Rd West, Mount Gambier, **AUGUST 14-15 & 28-29, 2021**

(Course runs over 2 weekends with 1 weekend break in-between)

Time: 9.00am to 4.00pm (all 4 days) *Lunch provided*

Cost: The course itself is free.

FDS members \$40 (cost of course workbook)

Non-members \$70 (\$30 annual membership subscription plus \$40 workbook)

TO REGISTER YOUR INTEREST OR ASK ANY QUESTIONS –

CALL OR TEXT: Sophie (SMLC) 0429 342 175 or Sally 0490 536 989 (FDS Course Leader)

EMAIL: sally@fds.ngo.org.au or sophiebourchier@smc.com.au

RSVP: 6th August 2021



Global Problems, Local Solutions

**FOR SUPPORT 24/7 CALL 1300 368 186 or
FOR INFORMATION CALL FDS NATIONAL HEAD OFFICE (02) 4782 9222**

SMLC is funded by the Federal Government and supported by the Limestone Coast Local Government Association