

## NORTH BURNETT

# Free Alcohol and Other Drugs Information Sessions



**Concerned about a family member's substance use?**

Breakthrough for Families Qld is a program designed to support families and significant others of individuals affected by substance use.

### Information Sessions Cover:

- Understanding substance use and its impact on physical and mental health.
- Strategies and practical plans to talk about substance use as a family, support your loved one and reduce harm.
- Connection to individual support and referrals to other community services.

The sessions aim to be culturally respectful, accessible, confidential and inclusive. All members of the community are welcome to attend.

### Families are encouraged to attend both information sessions.

- Session A: Alcohol and Other Drug (AOD) Information
- Session B: Support to Families Information

TOWN	DATE	DAY	TIME	VENUE	SESSION TYPE
Gayndah	27/8/19	Tuesday	10.00am – 11.30am	Bridges Office – Gayndah Youth Centre, 61 Capper Street, Gayndah	Session A
Mundubbera	27/8/19	Tuesday	1.30pm - 3.00pm	North Burnett Community Services 69 Stuart Russell St, Mundubbera	Session A
Monto	28/8/19	Wednesday	12.30pm - 2.00pm	Monto Community Hall Function Room, Newton Street, Monto	Session A
Gayndah	10/9/19	Tuesday	10.00am – 11.30am	Bridges Office – Gayndah Youth Centre, 61 Capper Street, Gayndah	Session B
Mundubbera	10/9/19	Tuesday	1.30pm - 3.00pm	North Burnett Community Services 69 Stuart Russell St, Mundubbera	Session B
Monto	11/9/19	Wednesday	12.30pm - 2.00pm	Monto Community Hall Function Room, Newton Street, Monto	Session B

Light refreshments provided

For enquiries or to book call 1300 707 655 or email [sandieb@bas.org.au](mailto:sandieb@bas.org.au)

➔ [www.bas.org.au/BFFQ](http://www.bas.org.au/BFFQ)

You are welcome to contact us with any questions.

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