

Concerned about a family member's substance use?

Free information sessions

- Understanding substance use and its impact, including facts about methamphetamines (ice).
- Strategies and practical plans to support your loved one, reduce harm and care for yourself.
- Connection to individual counselling and find out about other supports in the community.

Upcoming Webinars

- Monday 2 August, 3pm -5pm <https://liveslivedwell-org-au.zoom.us/j/82526831204>
- Wednesday 11 August, 4pm- 6pm <https://liveslivedwell-org-au.zoom.us/j/89079106227>
- Friday 13 August 9am -11am <https://liveslivedwell-org-au.zoom.us/j/85719062724>
- Tuesday 17 August, 9am- 11am <https://liveslivedwell-org-au.zoom.us/j/87045964626>
- Thursday 19 August, 2pm- 4pm <https://liveslivedwell-org-au.zoom.us/j/88214676017>
- Wednesday 25 August, 4pm -6pm <https://liveslivedwell-org-au.zoom.us/j/84491683445>
- Tuesday 31 August, 9am-11am <https://liveslivedwell-org-au.zoom.us/j/87909156047>



All sessions are facilitated by BFF counsellors from Brisbane, Sunshine Coast, Cairns and Townsville.

Sessions are accessed via ZOOM by clicking on the link provided and follow the instructions to register your attendance.

For further information please contact:

breakthroughforfamilies@liveslivedwell.org.au

Lives Lived Well is a not-for-profit organisation supporting people and families impacted by drugs, alcohol, or mental health.

 www.liveslivedwell.org.au
 1300 727 957


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Breakthrough
For Families Queensland
Drug Information and Support

