



## **A SUPPORT GROUP FOR FAMILIES AND FRIENDS OF PEOPLE WHO HAVE PROBLEMS WITH DRUG OR ALCOHOL USE.**

Are you concerned about the drug or alcohol use of someone close to you? Are you feeling fearful, angry and desperate or worrying about how you will cope?

Anyone from any family can develop a problem with drugs or alcohol, and people close to them are often seriously impacted.

If this is you, come and join us at Family Drug Support meetings in the ORANA CENTRE WOLLONGONG

- *learn coping skills*
- *understand more about drug and alcohol dependence*
- *learn how best to support someone who is having problems with drugs or alcohol*
- *gain support for yourself and other family members*

There is no cost for meetings.

**This group provides a free confidential and safe place for anyone who may be supporting someone with a drug or alcohol issue.**

**Family Drug Support has been providing specialist support and care for over 18years to families coping with isolation helplessness shame and stigma.**

**WHERE: THE ORANA CENTRE No 2 Rawson St, Wollongong**

**WHEN: 1<sup>st</sup> Wednesday of every month**

**TIME: 6 - 8PM**

**COST: Free**

**FOR MORE INFORMATION: contact Amy 0457 260 079**

Family Drug Support (FDS) is a government funded, not for profit organization which offers a **24-hour/7dy Support Line 1300 368 186** and support groups around Australia.