



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:

- *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 20 years to families coping with isolation helplessness shame and stigma.

WHERE: The Orana Centre 2 Rawson St Wollongong

WHEN: 1st Wednesday of every month

TIME: 6PM – 8PM

COST: Free

FOR MORE INFORMATION: contact Raewyn 0457 260 079

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

