

InFocus

Education Program

For families and friends affected by someone's drug and alcohol use.

Is someone you care about using alcohol and/or drugs?

We know how difficult this is. Addiction is a complex issue that affects individuals, their families and the wider community. Families can become disconnected, our relationships suffer and we can feel isolated and helpless.

InFocus is an education program developed by Family Drug and Gambling Help that offers practical support, relevant information, coping strategies and the opportunity for people to connect through their shared experiences. The program is facilitated by professionals who have also been impacted by someone's drug and alcohol use.

This InFocus program will be run online via Zoom.

You don't have to do this alone – we've been there.

When: TUESDAYS March 22nd, 29th, April 5th, 12th, 19th and 26th. 2022

Time: 6.30pm – 8pm each Tuesday

Where: Online

Cost: Free

Bookings are essential. Phone **Family Drug and Gambling Help** at SHARC on
1300 660 068