

**Are you concerned about the drug or alcohol use of someone close to you?**

**Are you at a loss as to what to do?**

**Do you feel helpless and alone?**

Family Drug Support are holding their award winning course in Mt Gambier in November

## Stepping Stones

When: Saturday & Sunday 13-14 & 27-28 November 2021

Where: UniSA 170 – 174 Wireless Road West, Mount Gambier

Time: 9.00am – 4.00pm (each day)

**Lunch Provided (please notify dietary requirement when registering)**

Cost Free Course

Workbook \$40.00 FDS members \*

\$70.00 non-members (includes \$30 annual FDS membership)\*

\*assistance available for those experiencing financial hardship

**To Register and for further information contact:**

- Sally (FDS Course Leader) Ph 0490 536 989 Email [sally@fds.ngo.org.au](mailto:sally@fds.ngo.org.au)
- Sophie (SMLC) Ph 0429342 175 Email [sophiebourchier@smlc.com.au](mailto:sophiebourchier@smlc.com.au)

**RSVP by Friday 5 November 2021**

### ***Feedback from past participants***

*“The course was a life saver! It provided skills for me to survive. It opened up new ways of seeing and dealing with myself and the drug user. It was a great relief and support to be with others” Joan*

*I can now support my son in a way that will lead to positive outcomes. I have the skills to support and love him without needing to control. I have also taken back my life and value myself as a person” Pete*



SMLC is funded by the Federal Government and supported by the Limestone Coast Local Government Association