

# Are you concerned about a friend or family member's alcohol or drug use?

*Turning Point invites you to join us at our Monthly Family Information Sessions*

Family and friends can find it confusing and distressing to support a loved one who is struggling with alcohol or drugs, but support is available for them and you.

## **Trained facilitators will:**

- help explain what your family member or friend may be going through,
- provide suggestions on how you can best offer support,
- discuss services that specifically support the wellbeing of family, friends and carers, and
- answer any other questions you may have.

**When:** Third Wednesday of every month, 6:00–7:00 pm.

**Where:** 1 East Meeting Room, Level 1, Building B, Box Hill Hospital (behind Zouki café)

**RSVP:** Email [infosession@turningpoint.org.au](mailto:infosession@turningpoint.org.au) or phone 9194 7774

