

# 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.

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

### Two Day Program - Face to Face



Tuesday 1st and Wednesday 2nd April 2025  
10am - 3pm  
Cobram Community House  
43-45 Punt road Cobram



Bookings are essential

Scan the QR Code or phone Nicole @ Primary Care Connect on (03) 5823 3200.  
For FDGH Helpline support – call 1300 660 068

**IMPORTANT!:** places are limited and therefore are reserved for impacted community members. This session is not suitable for students or for professional development.

Bookings are essential



To access the **InFocus program**, please call our friendly Consumer Care team on (03) 5823 3200.

**BROUGHT TO YOU BY:**

