**BreakThrough Rosebud**

**Date:** 29th February and 7th March  
**Time:** 6pm-8pm  
**Venue:** Rosebud Country Club  
**Address:** 207 Boneo Rd, Rosebud  

*Please Note, if your workshop runs over two nights, you must book BOTH sessions.*

**Turning Point, SHARC and Bouverie Family Therapy Centre, are pleased to offer BreakThrough, Ice education for families. This program is funded by the Department of Health and Human Services as part of the Victorian Ice Action Plan. Facilitators from Turning Point and SHARC will be delivering four hour education sessions (over one or two days) to families who are concerned about ICE use by a loved one.**

Over the course of the workshop the following information will be discussed.

**THE FACTS**

What is ICE  
Why do people use ICE and why it causes problems for users, families and the broader community.

We will help people identify if family members are using ICE and their patterns of drug use.  
Most importantly, we will explain the process by which people decide to seek help for their drug use and how families can support these decisions.

**FAMILY STRATEGIES**

Looking at the relationship between drug use and mental health  
Provide practical strategies to help family members discuss drug use  
Offer strategies to manage challenging behaviours and keep safe during difficult times

**SEEKING HELP**

All family members attending the workshop will be given information on where to get help and support following the completion of the workshop and options for ongoing support activities.
Topic 1 - The Facts
• What is problem drug use? Why do people take drugs? What is ice? What are the effects of ice use - signs and symptoms? Stages of Change, How does treatment work? What are the treatment models? What can I do if they are unwilling to change their drug use?

Topic 2 – Family Strategies
• Drug Use and Mental Health. How do I approach someone about their drug use? Managing challenging behaviours and self-care for family members.
• Developing a safety plan for family members

Topic 3 - Help Seeking
• Service navigation. Seeking support, assistance and professional help.

Bookings essential:
Online: www.familydrughelp.com.au/breakthrough
Email: fdh@sharc.org.au
Ring: Family Drug Helpline 1300 660 068 (9 am to 5 pm)