

A photograph of two women smiling and holding a colorful parrot. The woman on the left has her arm around the woman on the right. They are both looking towards the camera. The background is a bright, indoor setting.

drug.ARM

## BREAKTHROUGH FOR FAMILIES QLD

**Breakthrough for Families Qld is an information, referral and support program for family members, significant others and loved ones of people who are experiencing alcohol or other drug issues.**

Our team provide non-judgemental and confidential support to individuals, families and communities.

We help family members and significant others to understand alcohol and other drug use, and what they can do to help their loved one.

We can also provide strategies to make changes to their own circumstances, implement healthy boundaries and build resilience.

Our experienced team can help families and significant others navigate the health system, and connect them to specialist workers and other health services.

We also provide regular community information sessions for families on alcohol and other drugs.

## WHAT CAN I EXPECT TO GAIN?

By engaging in the program you can expect to develop strategies, learn new skills and help make progress to change your own circumstances.

## IS THIS PROGRAM RIGHT FOR ME?

When you contact us, we will help to match you with a program that fits your lifestyle, preferences and objectives. Different programs have different approaches and delivery methods, so it's important for us to engage you with the program that will fit your needs and can achieve the best results for you. You can call us or come to one of our local information sessions to learn more about the program.

## HOW DO I ACCESS THE PROGRAM?

Breakthrough for Families Qld is free, voluntary and no referral is required. Our flexible program delivery approach means that you can access support in our office, your home, a safe community space or via telephone. You can also attend one of our local information sessions.

## ABOUT DRUG ARM

Drug ARM is a specialist not-for-profit, non-government organisation that supports people, families and communities to achieve positive transformation through rehabilitation and treatment, outreach, family support, awareness and prevention, information and education, and advocacy and policy.

### Drug ARM Toowoomba

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