

'BACK IN CONTROL'

DRUG EDUCATION & RELAPSE PREVENTION PROGRAM Including YAN-COORARA

Getting off alcohol or other drugs is the relatively easy part of overcoming a problem with substance use. Staying off and regaining control over the drug (and over your life) can be much more difficult.

'Back in Control' is a six-session group education program for people who have or have had drug and/or alcohol concerns. The program is free of charge, confidential and open to anyone who wishes to work on their problem.

In support of the social and emotional wellbeing of our Aboriginal and Torres Strait Islander Community, Tuesday morning sessions include a Yan-Coorara A&TSI co-facilitator. 'Back in Control' deals with the following topics:

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|---------------------------|-------------------------------------|
| 1. Understanding drug use | 4. Changing ways of thinking |
| 2. Making a change | 5. Dealing with difficult emotions |
| 3. Staying on track | 6. Problem solving and goal setting |

Group sessions with A&TSI co-facilitator are held:

- Tuesday mornings 10.00am - 12.00pm

Group sessions with AODS facilitator only are held:

- Tuesday afternoons 1.00pm - 3.00pm

At Level 4, Southport Health Precinct, 16-30 High St, Southport

- Wednesday afternoons 1.30pm - 3.30pm

At Helensvale Community Health, 105 Lindfield Road, Helensvale

- Thursday mornings 10.00am - 12.00pm

At Palm Beach Community Health, Fifth Avenue, Palm Beach

(2nd Floor, Community Mental Health Office)

Maximum of 12 persons per group (No late persons will be accepted)

**Participants receive an Attendance Record at registration and
a Certificate can be issued on completion of the program**

**For further info phone Yan-Coorara Worker, Johnathan Link on 5667 2000
OR GOLD COAST HEALTH ALCOHOL AND OTHER DRUG SERVICE (AODS) on 5687 9119**