

FAMILY DRUG SUPPORT

Mission Statement

To assist families throughout Australia to deal with drug issues in a way that strengthens relationships and achieves positive outcomes

Philosophy

Our energies are given in primarily supporting families struggling as a result of drug use. We aim to assist in any way possible to empower families to cope with the realisation of their situation and survive intact

Contact us at:

Family Drug Support

PO Box 7363

LEURA NSW 2780

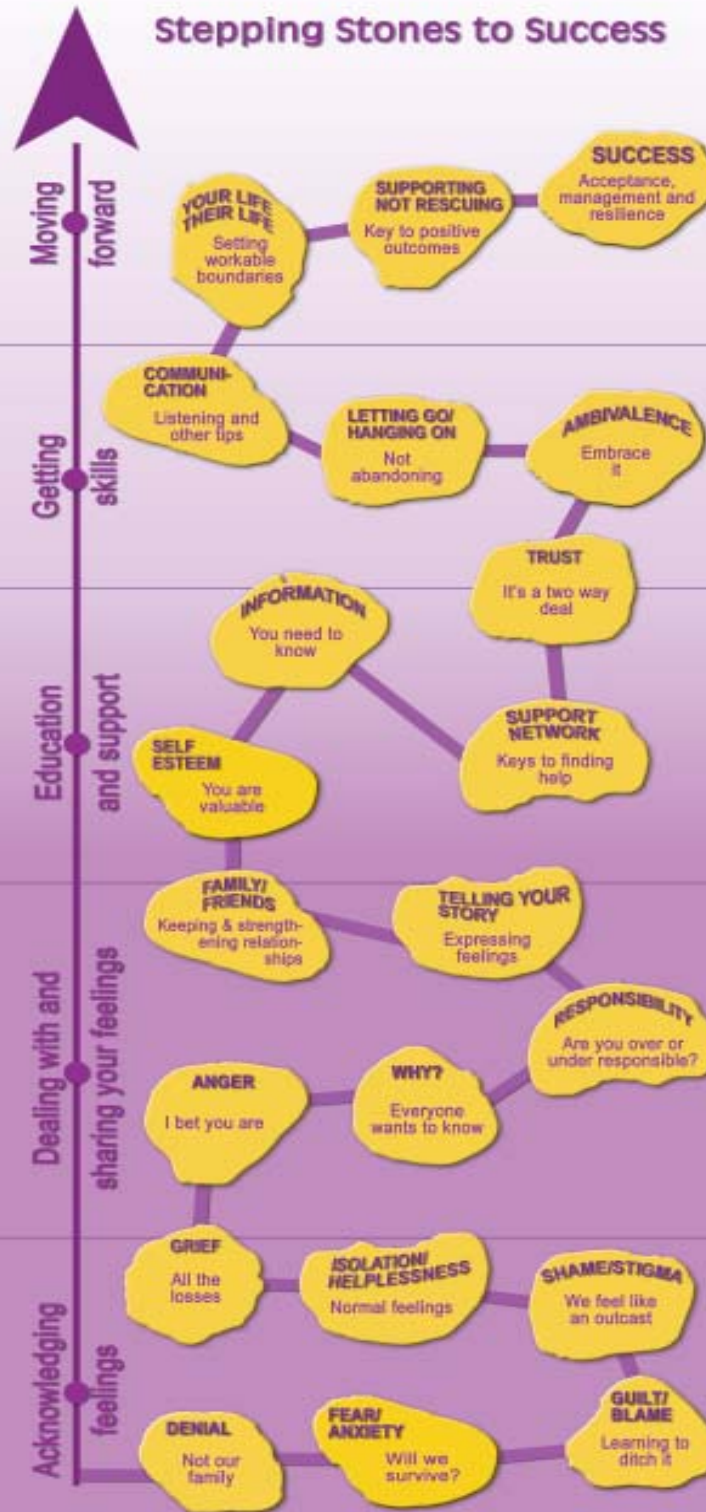
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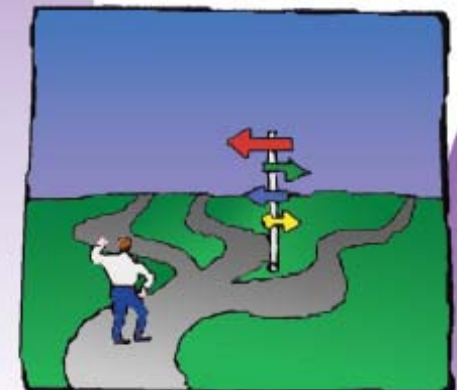
The Stepping Stones Program is supported by the Australian Government's *Strengthening Families Initiative* through the Department of Family & Community Services.



 **FDS**
1300 368 186 FAMILY DRUG SUPPORT

STEPPING STONES TO SUCCESS

A structured and experiential course for families who are supporting drug dependent loved ones



How to cope better with the journey and survive intact

FDS believes families are the most important source of support for those with drug and alcohol dependency. Their influence can be a vital force for positive change.

Sadly, families are often left to provide this on-going support with very little guidance or support for themselves. Feelings of shame, stigma and guilt add to this isolation. Families can become exhausted and many give up.

FDS is a caring, non-judgmental and non-religious organisation.

***Shame & stigma has no place here
There are no rights or wrongs
You don't have to do it alone nor remain
helpless***

Supporting family members with drug dependency is a chaotic and lengthy journey no-one would choose to be on.

***Do you know where you are or
where you are heading?
Are you perhaps lost?***

Stepping Stones to Success provides a road map for this journey that is made up of many interconnected steps.

As well as providing a map, this course helps family members identify stumbling blocks and barriers in their journey and with the help of others, transform these into stepping stones and gateways to success.

***Other families have gone through
and survived this journey***

These are times of change. Families do have a choice as to whether this change is positive or negative. Stepping Stones to Success aims to help families deal with change in a positive way that will strengthen individual relationships and the family unit as a whole.

The course is interactive and experiential. People are brought together to share their collective experience and wisdom. Individuals and families are empowered to continue to support the using member of their family in ways that invite positive outcomes.

Stepping Stones to Success is a program that require participants to commit their time and energy to a 2 weekend or 9 week course.

There are no magic formulas or quick fixes. Any real change will be entirely up to you and what you get out of the course. Whilst there are no guarantees, if you complete the course you will be glad you came.

The goals of the program are, to:

**Provide a safe and trusting place to
tell your story and express your
emotions**

Improve well being of self

Improve well being of the entire family

**Increase confidence and competence
in managing drug use issues**

**Improve communication and problem
management skills**

Become better educated re drugs

**Have a realistic view of where you
are on the journey**

**Become more self aware in areas
requiring work for positive change**

**Acknowledge and strengthen all
relationships within the family.**