

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.

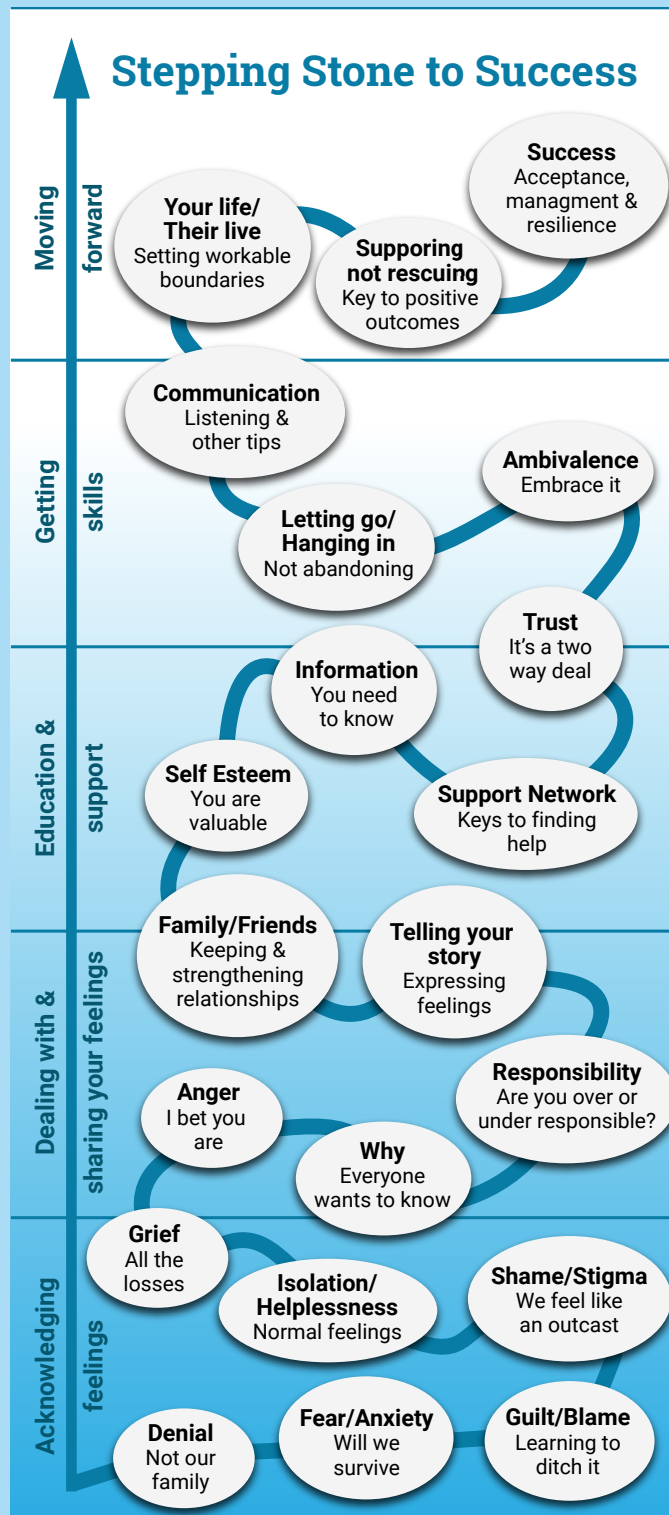
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The Stepping Stones program is supported by the Australian Government's Department of Health and Ageing



STEPPING STONES TO SUCCESS

A course for family and friends supporting someone with drug and/or alcohol problems.



Winner of 'Excellence in Prevention and Community Education' - National Annual Drug and Alcohol Awards

A quick checklist for you to complete:

- Are you a family member, partner, or friend to a drug and/or alcohol user?
- Are you finding it hard to cope with life?
- Do you feel isolated, helpless and alone?
- Feeling judged or misunderstood?
- Finding it harder to remain connected?
- Needing support?

FDS firmly believes that family and friends are the most important source of support for those struggling with drug and/or alcohol dependence. You can be a vital force for positive change. Keeping a connection with them is therefore essential.

Supporting a drug dependent person is often a long, overwhelming and exhausting journey. Like any complex journey, getting lost, not knowing where you are, or even where you are heading is normal.

Stepping Stones provides you with a road map to help you navigate and survive this journey (see back page).

The good news is others have come through this ordeal intact.

There are no quick-fixes. We cannot force our family members to change. However, we don't have to remain helpless.

Stepping Stones is a structured, interactive and experiential course that brings people together with similar challenges. The collective wisdom and experiences of the group is used to work on finding new ways of coping.

The goal is to turn crisis into coping and help you change and regain your own life.

Other goals of the course are to:

- Provide a safe, non-judgmental place to share your story and express your emotions.
- Increase your confidence and competence in managing drug and/or alcohol use issues.
- Improve your communication skills.
- Become better educated on drugs and/or alcohol.
- Acknowledge and strengthen other family relationships.
- Improve your own wellbeing through self care.
- Become more resilient, cope better, and survive the journey intact.



Testimonials

Frank*

"Stepping Stones provided me with strategies for moving forward in my relationship with my daughter, and although we still have many challenges I am more able to see her journey as her responsibility."

Margaret*

"Stepping Stones has changed my life and my approach to coping with the chaos in my life. The importance of setting boundaries and finding somewhere to help me keep those boundaries in place has come from Stepping Stones."

John*

"I have found all of the course useful in providing me with tools/map to help me survive my journey. I learned new skills and realised things that were not right in my life, things I couldn't change but things I can learn to accept."

Joan*

"The course was a life saver for me. It provided me with skills and a map to survive this chaotic journey intact."

* Names changed for confidentiality.