

'BACK IN CONTROL'

DRUG EDUCATION & RELAPSE PREVENTION PROGRAM

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. It deals with the following topics:

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

Group sessions are held at the following times and venues:

- Tuesday mornings 10.00am - 12.00pm
- Tuesday afternoons 1.00pm - 3.00pm

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

- Thursday mornings 10.00am - 12.00pm

***At Palm Beach Community Health, Fifth Avenue, Palm Beach
(2nd Floor, Community Mental Health Office)***

- Wednesday afternoons 1.30pm - 3.30pm

At Helensvale Community Health, 105 Lindfield Dve, Helensvale

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

Please arrive approximately 20 minutes before the group starts to register

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

For further info phone GCH AODS on 5687 9119 or 55255701

GOLD COAST HEALTH ALCOHOL AND OTHER DRUG SERVICE (GCH AODS)

TIMETABLE

September 2015 - December 2015

SOUTHPORT	SOUTHPORT	PALM BEACH	HELENSVALE
Tuesday 10am-12pm	Tuesday 1pm-3pm	Thursday 10am-12pm	Wednesday 1.30pm-3.30pm
1 st September Session 5	1 st September Session 2	3 rd September Session 2	2 nd September Session 5
8 th September Session 6	8 th September Session 3	10 th September Session 3	9 th September Session 6
15 th September Session 1	15 th September Session 4	17 th September Session 4	16 th September Session 1
22 nd September Session 2	22 nd September Session 5	24 th September Session 5	23 rd September Session 2
29 th September Session 3	29 th September Session 6	1 st October Session 6	30 th September Session 3
6 th October Session 4	6 th October Session 1	8 th October Session 1	7 th October Session 4
13 th October Session 5	13 th October Session 2	15 th October Session 2	14 th October Session 5
20 th October Session 6	20 th October Session 3	22 nd October Session 3	21 st October Session 6
27 th October Session 1	27 th October Session 4	29 th October Session 4	28 th October Session 1
3 rd November Session 2	3 rd November Session 5	5 th November Session 5	4 th November Session 2
10 th November Session 3	10 th November Session 6	12 th November Session 6	11 th November Session 3
17 th November Session 4	17 th November Session 1	19 th November Session 1	18 th November Session 4
24 th November Session 5	24 th November Session 2	26 th November Session 2	25 th November Session 5
1 st December Session 6	1 st December Session 3	3 rd December Session 3	2 nd December Session 6
8 th December Session 1	8 th December Session 4	10 th December Session 4	9 th December Session 1
15 th December Session 2	15 th December Session 5	17 th December Session 5	16 th December Session 2

