



## MEDIA RELEASE

### Free Drug And Alcohol Education Sessions

28 January 2016

---

Sunraysia Community Health Services will provide free monthly Information sessions to educate the community on the harm associated with problematic drug or alcohol use.

Each month a different topic will be covered, including the potential dangers associated with substance use, strategies to assist with change and support services available for people struggling with their own use, or that of someone they know.

Each program will be targeted to a specific substance:

#### Alcohol, considering change

A 2.5 hour education program addressing the harms associated with alcohol. This program covers the effects of alcohol, potential harms and risks, strategies to reduce risks when consuming alcohol and assisting in making changes to problematic alcohol use and where to access support.

#### Cautious with Cannabis

A 2.5 hour education program originally developed for people who have received a Cannabis Caution from the Police but is also open to anyone aged over 17. Family and friends are also welcome. Key aims of the program are to gain a better understanding of; the effects of cannabis, potential harms of cannabis use, harm reduction strategies, strategies known to assist behaviour change, supports and services available.

#### Methamphetamine – personal education program

A 3 hour education program aimed at developing a better knowledge of your pattern of drug use, potential harms and consequences, identify risk factors which influence the use of methamphetamine and strategies to reduce them. Identify relevant AOD treatment and support options.

All program participants are required to complete a registration and evaluation form

- Participants will receive a certificate based on their attendance
- All programs will be held at Sunraysia Community Health Services, Cnr 13th street and Deakin Avenue
- Places are limited, please register your interest in attending prior to the day

Program schedule over page.



Program schedule

Date	Program
Thursday 25th February @ 3.00 pm	Alcohol, Considering Change
Thursday 24th March @ 3.00 pm	Cautious With Cannabis
Thursday 28th April @ 3.00pm	Methamphetamine Personal Education Program
Thursday 26th May @ 5.30pm	Alcohol, Considering Change
Thursday 23rd June @ 5.30pm	Cautious With Cannabis
Thursday 28th July @ 4.30pm	Methamphetamine Personal Education Program
Thursday 25th August @ 3.00pm	Alcohol, Considering Change
Thursday 29th September @ 3.00pm	Cautious With Cannabis
Thursday 27th October @ 3.00pm	Methamphetamine Personal Education Program
Thursday 24th November @ 5.30pm	Alcohol, Considering Change
Thursday 15th December @ 5.30pm	Cautious With Cannabis

How to register

Contact Rhys Brymer, Counsellor, Drug Treatment Services at Sunraysia Community Health Services on 5022 5444.

**END**

Media enquiries to:

Rhys Brymer  
Counsellor, Drug Treatment Services  
50225444