

DIRECTIONS ACT

COMPASS



An information and support group helping you to navigate through drug and alcohol issues in your family.

Who is COMPASS for?

COMPASS is for family members and friends of a person or people with drug and alcohol issues

Friendly and Safe

What is COMPASS about?

COMPASS is a confidential and non-judgmental group which is based on understanding, support and respect for the individual and the family.

COMPASS provides an information session to help with strategies and give information on a wide range of relevant issues to do with dealing with a person and family affected by drug and alcohol issues. It also encourages self care and the wellbeing of the family as a unit and individuals.

COMPASS also provides encouragement, support and a safe place to discuss the issues with others who understand, care and are in similar situations.

COMPASS is for:

- Partners
 - Parents
 - Grandparents
 - Sisters and Brothers
 - Children
 - Loved ones
 - Friends.....
- of anyone with drug and alcohol issues

COMPASS Group

Venue: DIRECTIONS ACT
1 Bradley Street
WODEN ACT 2607

When: Tuesday each fortnight

Time: 6pm – 8pm

Light refreshments are provided.
A gold coin donation is appreciated to help with costs.

**For more information speak to
Belinda or Bek on 6122 8000**

Support for you and your family