

FAMILY DRUG SUPPORT MEMBERSHIP FORM

Join FDS and receive:



“GUIDE TO COPING”

A resource book for family members, friends and carers. Including practical strategies, support and information around problematic alcohol and drug use (value \$25.00).



“FDS INSIGHT”

A magazine, bi-monthly for the period of your subscription. This magazine includes articles on Drug and Alcohol issues, up-coming events, dates of family support meetings, poems, coping tips and other interesting articles.

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Invitations to FDS events and discounts on activities and FDS courses.



TELEPHONE SUPPORT LINE
24 hrs / 7 days a week
1300 368 186



Family Drug Support has a privacy policy which ensures the confidentiality of any information we receive.



FAMILY DRUG SUPPORT NATIONAL HEAD OFFICE

Mail: P.O BOX 7363
LEURA NSW 2780
Tel : 02 4782 9222
Fax : 02 4782 9555
Email: admin@fds.ngo.org.au
Web: www.fds.org.au



FAMILY DRUG SUPPORT INFORMATION BROCHURE



**Who's supporting you while
you're supporting them?**



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WHO ARE WE

Family Drug Support is a caring, non-religious organisation which provides non-judgemental, non-directive support and information to families and friends of drug users across Australia.

FDS was founded in 1997 by Tony Trimmingham following the loss of his son to a heroin overdose. In searching for support for himself and his family, he realised that there was very little available.

In speaking out about his concerns in the media, Tony was contacted by other families who told of similar experiences and this, combined with an overwhelming response to a public meeting, led to the formation of Family Drug Support.

For more information, to purchase membership or Tony's book please go to:
www.fds.org.au or contact FDS Head Office on **02 4782 9222** or email: admin@fds.ngo.org.au

FDS SERVICES

Telephone Support line

1300 368186 for 24/7 Telephone support.

Support Meetings

Non-religious, open meetings for family members affected by drugs and alcohol. Open to anyone and providing opportunities to talk and listen to others in a non-judgemental, safe environment.

Stepping Stones to Success

Often referred to as 'A Road Map Through the Chaos', 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 achieving positive outcomes.

Stepping Forward

Education and interactive sessions for families, friends and workers, providing information and support relating to alcohol and other drug use.

3 sessions are available: 'Stages of Change' and 'Balance Pole', 'Alcohol and Other Drug Information' and 'Effective Communication'. Separate modules can be provided for: Treatment and Recovery, Boundary Setting, Dealing With Conflict, ICE presentation and other modules are in development.

A Guide To Coping

A resource guide developed by FDS to assist families with practical strategies and information when facing problematic drug and alcohol use.

Not My Family, Never My Child

This book was written by Tony Trimmingham CEO to provide detailed information on warning signs, early intervention, coping and survival strategies, treatment, and where to go for additional advice and support.

FDS Membership

Join FDS and support our efforts to help families and friends of current drug users as well as bereaved families. Membership benefits include: a free copy of 'Guide To Coping', FDS Insight Bulletins for 12 months, invitations to events and discounts on activities and courses.

Bereavement Support

Supporting families of those lost to drugs or alcohol.

MEMBERSHIP DETAILS

(Please print clearly)

\$30 a year 3 years \$70 Donation

Name: _____

Organisation: _____

Postal address: _____

Postcode: _____

Email: _____

Landline phone: _____

Fax: _____

Mobile: _____

Additional tax deductible donations welcome

Donation amount: _____

Payment Method: _____

Cash VISA Mastercard Cheque

Total amount: _____

(to be deducted from your Credit Card)

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Name as displayed on Credit Card:

Signature of Card Holder: _____

Expiry Date (Month/Year): _____

**Please return form with payment to: Family Drug Support,
PO Box 7363 Leura NSW 2780 OR Fax: (02) 4782 9555
OR email: admin@fds.ngo.org.au**