

ARE DRUGS AFFECTING YOUR LIFE?

MUD MAPS

**MudMaps is a free
and confidential weekly
support group for people
seeking support around
substance use**



**open group
everyone
welcome!**

**Morning Tea
provided**

**FREE workshops every
Monday & Tuesday
10:30am - 12:30pm**

**Location:
1 Hamilton Place,
Bowen Hills 4006**

~ Replapse
~ Triggers
~ Self-esteem
~ Communication
~ Stress Managment
~ Relationships
~ Well-being
~ Self-care



Enquiries call:
07 3620 8111