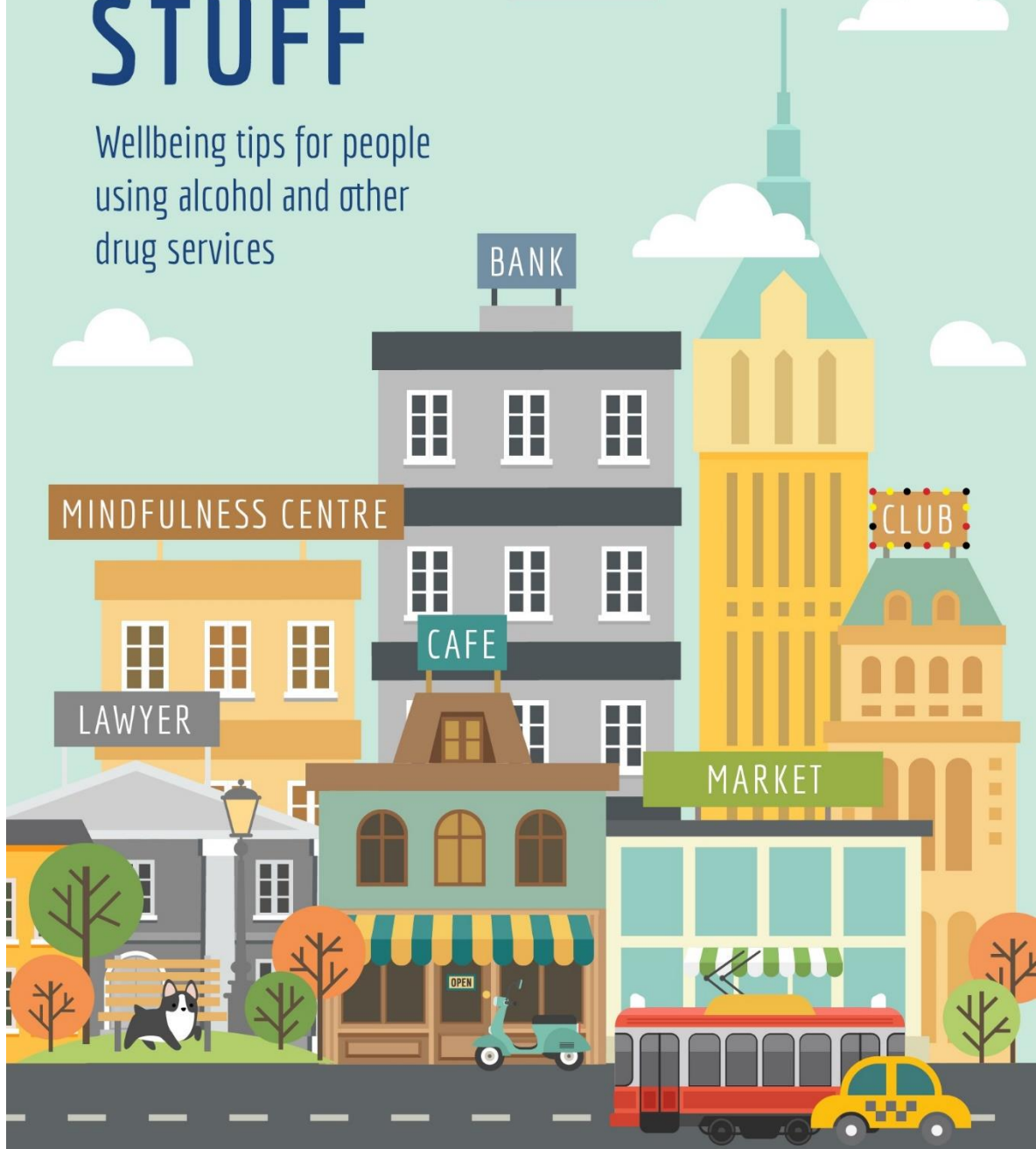


HANDY STUFF

Wellbeing tips for people using alcohol and other drug services



Human Rights Day event – consumer resource launch

December 10 is Human Rights Day.

Human Rights empower us all and this year marks the 70th anniversary of the Universal Declaration of Human Rights, a key document in the history of global human rights protections.

Human Rights Day serves as a reminder of the principles enshrined in the Universal Declaration and of the need for ongoing action in our daily lives to ensure that the rights of every member of our community is protected.

At ReGen, our services are grounded in treating everyone with dignity and respect. We try to support people's empowerment in everything we do and we believe that Consumer Participation plays a key role in improving our services and our advocacy for change.

Please join us to mark the day and help us celebrate the launch of 'Handy Stuff', a resource developed by people who have used our services to support others. Handy Stuff provides a wide range of information and practical tips to help people maintain changes to their alcohol and other drug use, support recovery and improve wellbeing.

Come at get your copy of the resource, recognise the huge amount of work that has gone into its development and consider the role we all have to play in protecting human rights.

When: December 10, 10.30-11.30am

Where: Uniting ReGen, 26 Jessie St, Coburg

RSVP: Paul Aiken (paiken@vt.uniting.org / 03 9384 8867)

Light refreshments will be provided. Please advise if you have any special dietary requirements.