

HANDY STUFF

Wellbeing tips for people using alcohol and other drug services



Handy Stuff – consumer resource launch

Please join us to help 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 service 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 and recognise the huge amount of work that has gone into its development.

When: January 22, 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.