

...making a difference...

Richmond Community Services Inc. in partnership with Noffs Foundation is pleased to be able to offer a FREE 2 week group for teens



# Teens—Break open the truth about Drugs, Alcohol & Addiction

## For teenagers 13—18 years

This is a fun 2 week workshop for teens (13-18yrs) of the Hawkesbury who are facing challenges around drugs and alcohol. Facilitated by staff from the Noffs Foundation, it offers tips and tricks to help you keep life on track. A two-week group of two hours each involving games, activities such as music, Large scale painting/Drawing, and food snacks/drinks

### Week 1:

- How drugs *really* effect you - the uppers, downers, and the mind-blowers
- The truth about why people *really* get addicted.
- Connecting to ourselves and others.

### Week 2:

Discover the cure for loneliness and a better life! Just take these easy steps...

- Compassion
- Gratitude
- Wellbeing
- Information for further support

*"and psst... we will explore alternatives to using"*

Please note that at no stage does this workshop condone the use of drugs, at the Noffs Foundation we only condone the facts!

2 x Wednesdays 10am -12noon

2<sup>nd</sup> and 9th October 2019

**BOOKING ESSENTIAL!**

**LIMITED SPACES**

**02 4588 3502 Email: [admin@rcsi.ngo.org.au](mailto:admin@rcsi.ngo.org.au)**

**At: Richmond Neighbourhood Centre**

**20 West Market Street, Richmond, NSW 2753**

