

CHANGING habits

Change - It has the power to uplift, to heal, to stimulate, surprise, open new doors, bring fresh experience & create excitement in life. Certainly, it is worth the risk.
- Leo Buscaglia



**the drug scene
getting you down?**

**feel like making
some changes?**

The Changing Habits program supports people who inject or have injected illicit drugs, to alter patterns in their lives that cause them harm.

The program offers the opportunity to achieve a stable lifestyle and to become independent of illicit drugs. It supports the belief that people have a natural tendency to progress towards maturity and health, and that certain conditions need to be provided, including the need to be congratulated, reassured, supported and encouraged, and the need to belong.

Changing Habits is managed by people who have been through the program. Everyone is supported and encouraged to take responsibility for their own actions, goals and outcomes.

Participants will be committed to the following:

- A desire to stop their drug use
- Attend the program for two days each week
- A willingness to set a treatment plan that identifies a timeline of not more than three months.

Every participant will be invited to undertake an orientation process — this explains how the program works, helps individuals to identify desired lifestyle changes, and to prepare and implement action plans.

Changing Habits is held each week in Maroochydore, on:

- Tuesdays: 9.30am – 2.30pm
- Friday 9.30am – 2.30pm.

Interested? Just give us a call at QuiHN's Sunshine Coast office on 5443 9576.

'If nothing ever changed there'd be no butterflies'

