



**61 Prince Edward Pde, Redcliffe**

**Minds4Health & YoungMinds are co-located at the the following clinic locations:**

61 Prince Edward Pde,  
Redcliffe

Suite 8, Evergreen Lifestyle  
Ctr, 12-18 Discovery Dve,  
North Lakes

7 Clifford Street,  
Stafford

Level 1, The Gap Village Shopping Ctr,  
1000 Waterworks Rd,  
The Gap

**Phone: 3857 0074**

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*E-mail: [admin@minds4health.com.au](mailto:admin@minds4health.com.au)*

*[www.Minds4Health.com.au](http://www.Minds4Health.com.au) - [www.youngmindsnetwork.com](http://www.youngmindsnetwork.com)*

# Sick of using?

Do you want to change your life, but not sure how?



## Join our Drug & Alcohol Program



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## Merging Minds Drug & Alcohol Program

The Merging Minds Drug and Alcohol Program is a 10 session rolling program that aims to assist individuals reduce or cease the use of drugs and/or alcohol. One of the programs key goals is to provide a supportive environment to help individuals wanting to make positive changes in their lives and the lives of their families.

The program is a Cognitive Behavioural Therapeutic approach, which means it is designed to help those who participate to recognise and change unhealthy thinking habits, feelings and behaviours linked to drug or alcohol use.

### What can I expect if I join the program?

The program will help you develop an understanding of what addiction is and to gain insight into your own addiction and all the contributing factors that lead to addiction.

In addition, you will have the opportunity to explore high risk thoughts and behaviours associated with drug and alcohol use and have the chance to develop skills that will help you meet your individual goals.

Our commitment is to assist you to develop a sense of self-awareness and encourage you to identify and set personal treatment goals.

Claire and Tanya will work with you to collaboratively develop a relapse prevention plan. You will also receive contact details for ongoing support via various community based agencies to help you achieve success.

### What is covered in the sessions?

While each session is stand alone and you can join the program at anytime you can expect to cover the following topics.

- Addiction;
- Exploring your drug use;
- Identifying the costs of drug use;
- Dealing with urges, cravings & triggers;
- Goal setting;
- Thoughts linked to addiction;
- Your individual thoughts and beliefs;
- Addiction and behaviour;
- Problem solving; and
- Relapse prevention planning.

### When and where is the program being run?

The program is run **every Thursday Night @ 6:30pm** at

**YoungMinds & Minds4Health Clinic  
61 Prince Edward Pde  
Redcliffe**

### How can I find out more information?

To find out how to sign up and the costs associated with the program please contact us on the number below or check out our website.

**Phone: 3857 0074**

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*[www.Minds4Health.com.au](http://www.Minds4Health.com.au)*