

# MAISE PROGRAM

QuIHN

Do you have substance use and mental health issues? Looking for ways to increase your knowledge, manage or reduce your substance use?

## Provides Support & Education including:

- > Relapse prevention
- > Enhancing motivation
- > Managing mental health & self-care
- > Communication
- > Stress management

## Starting:

Wed June 1st 2022

8x Wednesdays

10am-12pm

## Where?

1 Hamilton Place 4006

QuIHN Bowen Hills



Enquiries &  
Registration

Call: 07 3620 8111

## Mental Health & Illicit Substance Education