



THE BUTTERY

# Are you or someone you know questioning your drug or alcohol use?

Do you want to find ways to reduce the risk?  
Are you aged between 12 & 24, this Core Young People Dayhab program is for you!

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## CORE Young People Dayhab

The Core YP program is an opportunity to learn from people's experiences in finding balance and reducing the harms of drug and alcohol use in a safe space for shared learning & support.

Explore why our brains and bodies crave the effects of drugs and alcohol and how to reduce & manage the urges.

The CORE YP program is **FREE** including lunch, morning tea and all activities.



The Buttery acknowledges and pays respect to past and present Traditional Custodians and Elders of this Nation and the continuation of cultural, spiritual and educational practices of Aboriginal and Torres Strait Islander peoples.

## Contact

Participants **MUST** register prior to attending via details below.

Contact **The Buttery Intake** on **02 668 7111**  
OR **core-youngpeople@buttery.org.au**

