



Breaking Free Online Training

Monday, 21 August 2023, 2.00pm – 4.00pm, Microsoft Teams

Tuesday, 19 September 2023, 10.00am – 12.00 midday, Microsoft Teams

Wednesday, 18 October 2023, 10.00am – 12.00 midday, Microsoft Teams

Do you want to support someone through your work, a family member or friend to use the Breaking Free Online resources? Then come along to the BFO information session where you can build your confidence to support someone else to use the resource. It can be used for any substance not just alcohol and can be accessed at anytime day or night.

Breaking Free Online is a confidential, evidence-based digital treatment and recovery programme for people experiencing problems with alcohol and/or drugs. Accessible via the internet on any device, it makes Cognitive Behavioural Therapy available on demand to all service users, empowering them to address their substance use issues and achieve their personal wellness goals.

[Click here to access an overview and further details of the Breaking Free Online Programme](#)

A guidance toolkit will be sent to you prior to the training session so that you can familiarise yourself with the intervention before attending.

The training will be delivered through Microsoft Teams. If you have any questions then please email AngusADP@angus.gov.uk

How to book: Eventbrite: [Breaking Free Online Training](#)
Email: AngusADP@angus.gov.uk