SHARE
FAMILY & COMMUNITY SERVICES

ALCOHOL & DRUG ADDICTION PROGRAMS

EDUCATION SERIES ~ SPRING 2017

A Free Group ~ Open to the Public

SHARE Alcohol and Drug Program invites you to attend any or all of our Education Series. The program is open to everyone in the community. It has important information for those who are struggling with substance misuse/abuse or are concerned about their use. It will also help those people affected by others' substance use. There is no cost for this group. Topics will vary from week to week as outlined below. The format consists of a video, a brief presentation, and open discussion.

April 6, 2017	-	Use, misuse, abuse – Gain a better understanding of substances
April 13, 2017	-	Medical aspects and effects of alcohol and drug abuse. What happens to the body and mind under the influence.
April 20, 2017	-	Alcohol – How dependence develops; controlled using, and effects on pregnant women. Also you will learn briefly about drinking, drugs and driving.
April 27, 2017	-	Cocaine & Crystal meth – the struggle to recover, and what long-term recovery looks like.
May 4, 2017	-	Marijuana: A second class addiction?
May 11, 2017	-	Heroin & other common depressants/opiates – addiction, struggle and recovery.
May 18, 2017	-	Trauma & substance use –The possible effects of the influence of trauma on substance use.
May 25, 2017	-	Anger – understanding your anger & learning how to manage it more effectively.
June 1, 2017	-	Stress – learning how to cope with little and big problems without using.
June 8, 2017	-	Relapse Prevention – discussion on the psychological, emotional & physical aspects of relapsing and what can be done.
June 15, 2017	-	Mental Illness, Depression & Addiction. Understanding the links between the mental illness and substance misuse/abuse will be tonight's goal.
June 22, 2017	-	Substance Affected: How others misuse of alcohol and drugs affects us. How to help others.
June 29, 2017	-	Stage II Recovery – Life in the Future.

When: **Thursdays: 6:30 pm – 8:00pm**

Where: **2nd Floor - 2615 Clarke Street, Port Moody**

For More Information, Please Call 604-936-3900

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