

ALCOHOL & DRUG ADDICTION PROGRAMS

EDUCATION SERIES - SPRING / SUMMER 2016

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.

- June 1 - Use, misuse, abuse – Gain a better understanding of substances
- June 8 - Medical aspects and effects of alcohol and drug abuse. What happens to the body and mind under the influence.
- June 15 - Alcohol – How dependence develops; controlled using, and effects on pregnant women. Also you will learn briefly about drinking, drugs and driving.
- June 22 - Cocaine & Crystal meth – the struggle to recover, and what long-term recovery looks like.
- June 29 - Marijuana: A second class addiction?
- July 6 - Heroin & other common depressants/opiates – addiction, struggle and recovery.
- July 13 - Trauma & substance use –The possible effects of the influence of trauma on substance use.
- July 20 - Anger – understanding your anger & learning how to manage it more effectively.
- July 27 - Stress – learning how to cope with little and big problems without using.
- August 3 - Relapse Prevention – discussion on the psychological, emotional & physical aspects of relapsing and what can be done.
- August 10 - Mental Illness, Depression & Addiction. Understanding the links between the mental illness and substance misuse/abuse will be tonight's goal.
- August 17 - Substance Affected: How others misuse of alcohol and drugs affects us. How to help others.
- August 24 - Stage II Recovery – Life in the Future.

When: Wednesdays: 7.00pm – 8.00pm

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

For More Information, Please Call 604-936-3900

