



SUBSTANCE USE SERVICES

EDUCATION SERIES ~ FALL 2017

A Free Group ~ Open to the Public

SHARE Substance Use Services 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 includes slide presentation, video and discussion.

- Oct. 19, 2017 - Use / misuse / abuse ~ Gain a better understanding of substance use.
- Oct. 26, 2017 - Medical aspects and effects of alcohol and drug use. What happens to the body and mind under the influence.
- Nov. 2, 2017 - Alcohol ~ How dependence develops; managing use; effects of use during pregnancy; and driving while intoxicated will be discussed.
- Nov. 9, 2017 - Marijuana: A second-class addiction? Use for medical purposes?
- Nov. 16, 2017 - Trauma & substance use ~ The relationship between trauma and substance use.
- Nov. 23, 2017 - Relapse Prevention ~ Discussion about the psychological, emotional & physical aspects of relapse, and relapse prevention safety planning.
- Nov. 30, 2017 - Mental Illness and Addiction ~ Understanding the links between mental illness and substance use.
- Dec. 7, 2017 - Substance Affected ~ How someone's use of alcohol or drugs can affect others, and how to help others respectfully while practicing self-care.
- Dec. 14, 2017 - Stage II Recovery ~ Sustaining substance use change into 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

