



SUBSTANCE USE SERVICES

EDUCATION SERIES ~ Winter 2018

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 offers important information for those who are struggling with substance misuse 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 slide show presentation, video and discussion.

- Jan. 25, 2018 - Use; misuse; abuse. Gain a better understanding of substance use.
- Feb. 1, 2018 - Medical aspects and effects of substance use: What happens to the body and mind under the influence.
- Feb. 8, 2018 - Substance Affected: How others' misuse of substances can affect us and how to support them.
- Feb. 15, 2018 - Alcohol: How dependence develops; intoxicated driving; and effects during pregnancy.
- Feb. 22, 2018 - Marijuana: A second-class addiction?
- March 1, 2018 - Opiates: Fentanyl, heroin & other commonly used depressants ~ addiction, safety and recovery.
- March 8, 2018 - Stimulants: Cocaine, crystal meth & others ~ short term recovery and long-term recovery.
- March 15, 2018 - Trauma & substance use: The relationship between trauma and substance use.
- March 22, 2018 - Anger: Understanding anger and learning how to respond to it more effectively.
- March 29, 2018 - Stress: Learning how to cope without using substances.
- April 5, 2018 - Relapse Prevention: The psychological, emotional and physical aspects of relapse and how to respond.
- April 12, 2018 - Mental Illness: depression, anxiety and addiction. Understanding the links between mental illness and substance use.

When: **Thursdays: 6:30 pm – 8:00pm**

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

For more information, please call 604-936-3900

