



SUBSTANCE USE SERVICES

EDUCATION SERIES – Spring 2019

A Free Presentation ~ 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.

- May 16, 2019 - Substance Use: Understanding addiction and making substance use changes.
- May 23, 2019 - Trauma & Substance Use: How traumatic life experience can contribute to substance use.
- May 30, 2019 - Mental Illness and Addiction: Understanding the links between them.
- June 6, 2019 - Relapse Prevention: The psychological, emotional and physical aspects of relapse and how to respond.
- June 13, 2019 - Alcohol: How dependence develops; intoxicated driving; and effects during pregnancy.
- June 20, 2019 - Cannabis: A second-class addiction?
- June 27, 2019 - Opiates: Fentanyl, heroin & other commonly used depressants ~ addiction, safety and recovery.
- July 4, 2019 - Stimulants: Cocaine, crystal meth & others ~ short-term recovery and long-term recovery.
- July 11, 2019 - Anger, Stress & Depression: Learning how to support wellness without substance use.
- July 18, 2019 - Substance Affected: How others' misuse of substances can affect us and how to support them.

When: Thursdays: 6:30 pm – 8:00pm
Where: 2nd Floor - 2615 Clarke Street, Port Moody

For more information, please call 604-936-3900

