

ALL AGES

Learn and Understand

Fact versus Fiction About Addiction



WEDNESDAYS | 3:00 - 4:30 PM
MARCH 22 - APRIL 19, 2017

Brighthouse Branch of RPL
Special Collections Room

Drop-ins Welcome

March 22 | The Nature of Addiction

If we can't connect with each other, we will connect with anything we can find—substances, behaviours, or even love, money and power. Are addictions an integral part of our human experience?

March 29 | Chemicals in the Body

The brain is our most adaptive and complex organ in our body. Learn about how addiction can lead to changes in how the brain works.

April 05 | The Recovery Process

What does treatment look like and how might relapse be prevented?

April 12 | Helping Others

Watching someone struggle with addiction can be a difficult experience. What can we do to support a loved one?

April 19 | Why are Drugs Illegal?

The war on drugs has failed. Come explore a public health approach to drug regulation.

You can join one session, or attend every session – the choice is yours!

Certificate awarded upon completion of all 5 seminars.

For more details, visit yourlibrary.ca/events, call 604.231.6413 or talk to a staff member.

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