

EDUCATION SERIES

Winter/Spring 2016

Addiction Services

Held at Pacific Spirit Community Health Centre

2110 West 43rd Ave (at West Boulevard)

No registration / No charge - Certificates available

Most Fridays 9:30 – 11:30am (see schedule below)

For MORE INFORMATION CALL: 604-267-3970

This Series is a Vancouver Coastal Health community service providing evidence based pragmatic information in the form of videos, lectures, and discussions dealing with alcohol and other substances. All are welcome including clients, potential clients, concerned family members, friends, community members, students, and professionals.

Presenter **Donna F. Barker** can be reached at donna.barker@vch.ca, 604-873-6733

Session 1	Development of Problem Substance Use - how substance dependence starts	Jan 15, 2016 (Note: no session next Friday)	Mar 4, 2016	Apr 29, 2016 Note: no session next week)
Session 2	Chemicals & the Body - How alcohol and other drugs impact the brain and central nervous system	Jan 29, 2016	Mar 11, 2016	May 13, 2016
Session 3	The Recovery Process - Lifestyle change and relapse prevention	Feb 5, 2016	Mar 18, 2016 (Note: next 2 weeks off)	May 20, 2016 (Note: no session next week)
Session 4	Early Risk Factors - Family dynamics where substance use is a problem	Feb 12, 2016	Apr 8, 2016	Jun 3, 2016
Session 5	Supporting Someone with Substance Problems - What we can do if a loved one has a substance use problem	Feb 19, 2016	Apr 15, 2016	Jun 10, 2016
Session 6	Harm Reduction, Public Health & Social Policy - New effective ways to improve what we do about substance use	Feb 26, 2016	Apr 22, 2016	Jun 17, 2016