

Addiction: Community Education Series

Presented by Richmond Addiction Services Society

Certificate awarded upon completion of all 5 seminars

ADULTS
& TEENS



MONDAYS | 7:00 - 8:30 PM

January 8 - February 5

**Richmond Public Library
Brighouse (Main) Branch
Community Place room**

Drop-ins Welcome

January 8 | 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?

January 15 | 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.

January 22 | The Recovery Process

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

January 29 | Helping Others

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

February 5 | Why are Drugs Illegal?

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

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