

# 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  
Brighthouse (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](http://yourlibrary.ca/events), call 604.231.6413 or talk to a staff member.*