

Addiction: Community Education Series

ADULTS
& TEENS

Presented by Richmond Addiction Services Society

Certificate awarded upon completion of all 5 seminars



MONDAYS | Sep 10 - Oct 15

no session Oct 8

7:00 - 8:30 PM

**Richmond Public Library
Brighthouse (Main) Branch
2nd Floor Program Room**

Registration Requested*

Drop-Ins Welcome

September 10 | 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?

September 17 | 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.

September 24 | The Recovery Process

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

October 1 | Helping Others

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

October 15 | Why are Drugs Illegal?

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

**To register, visit yourlibrary.ca/events, call 604.231.6413 or talk to a library staff member.*