

# Education Series

Pacific Spirit Community Health Centre  
2110 West 43rd Ave (at West Boulevard)  
(No charge & No early registration required)

For more information call  
604-267-3970  
Every Friday  
From 9:30 am-11:30 am



This series of lectures, discussions and films deals with addictions, alcohol and other drugs. It provides an unusually honest approach to drug education. Most of the lectures are by Mark Haden who has a refreshingly personal approach to this discussion. All are welcome including; clients, potential clients, concerned family or friends, interested community members, and professionals

- SESSION 1:** THE DEVELOPMENT OF ADDICTION
  - Understanding problematic substance abuse.
- SESSION 2:** CHEMICALS AND THE BODY
  - How body systems are affected by alcohol and other drugs.
- SESSION 3:** THE RECOVERY PROCESS
  - What is treatment? Relapse prevention.
- SESSION 4:** THE FAMILY CONTEXT
  - Family dynamics where addiction is a problem.
- SESSION 5:** HELPING OTHERS
  - What you can do if your child, or a partner, or a friend, has problematic substance use.
- SESSION 6:** HEALING OUR SOCIETY
  - A public health approach to illegal drugs.

1.	DEVELOPMENT OF ADDICTION	June 18 2010	Sept 10 2010	Oct 22 2010
2.	CHEMICALS AND THE BODY	June 25 2010	Sept 17 2010	Oct 29 2010
3.	THE RECOVERY PROCESS	July 02 2010	Sept 24 2010	Nov 05 2010
4.	THE FAMILY CONTEXT	July 09 2010	Oct 01 2010	Nov 12 2010
5.	HELPING OTHERS	July 16 2010	Oct 08 2010	Nov 19 2010
6.	HEALING OUR SOCIETY	July 23 2010	Oct 15 2010	Nov 26 2010

The Education Series is a community service of VCH

**Bus Directions:** Take bus 16 Arbutus to West 43<sup>rd</sup> Ave where it stops at Pacific Spirit or  
Take bus 41 along 41<sup>st</sup> Ave to West Blvd and walk 2 blocks South