

# 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-11:30am



This series of lectures, discussions and films deals with addictions, alcohol and other drugs. It provides and 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	Dec 3 <sup>rd</sup> 2010	Feb 4 <sup>th</sup> 2011	Mar 18 <sup>th</sup> 2011
2.	CHEMICALS AND THE BODY	Dec 10 <sup>th</sup> 2010	Feb 11 <sup>th</sup> 2011	Mar 25 <sup>th</sup> 2011
3.	THE RECOVERY PROCESS	Dec 17 <sup>th</sup> 2010	Feb 18 <sup>th</sup> 2011	April 1 <sup>st</sup> 2011
4.	THE FAMILY CONTEXT	Jan 14 <sup>th</sup> 2011	Feb 25 <sup>th</sup> 2011	April 8 <sup>th</sup> 2011
5.	HELPING OTHERS	Jan 21 <sup>st</sup> 2011	Mar 4 <sup>th</sup> 2011	April 15 <sup>th</sup> 2011
6.	HEALING OUR SOCIETY	Jan 28 <sup>th</sup> 2011	Mar 11 <sup>th</sup> 2011	April 29 <sup>th</sup> 2011

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