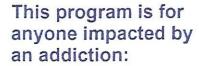
## Community Health Needs Assessment (CHNA)







- Residents
- Teens
- College Students
- Parents
- Grandparents
- Educators
- Health professionals
- Law Enforcement
- Business Community
- Civic Groups

# First three Tuesdays (September through May)

7 - 8:30 p.m.
Virtual meeting
Join Zoom Meeting
<a href="https://us06web.zoom.us/j/87">https://us06web.zoom.us/j/87</a>
101182725?pwd=cXN4ZjVsY2
<a href="mailto:tpd3hyMXJ1a0pGTFZNZz09">tpd3hyMXJ1a0pGTFZNZz09</a>



Brian Spitsbergen, PhD, PLLC



# Addiction: What you need to know and what you can do

A FREE education series designed to provide information about addiction, prevention, treatment and recovery

No registration necessary – Attend one session, two or all three Certificate of attendance available

#### Topics include:

- Understanding addiction
- Impact of addiction on families
- What prevents people from seeking help
- Current substance abuse trends in our community
- Underage drinking and drug use
- Making informed decisions on health and well-being
- Creating mindfulness to support recovery
- Suicide prevention
- Substance abuse and mental health disorders
- Grief and loss in addiction and recovery
- Relapse prevention

Resources available for treatment

### Are you coping with one or more of these issues?

- Could my drinking/drug use be an addiction; how do I ask for help?
- Is my loved one an addict; what do I need to know to help?
- Is addiction is disrupting our family, how do I take my life back?
- Am I in trouble at school or home because of my substance use?

#### Additional information:

TrinityHealthMichigan.org • livoniasaveouryouth.org

Karen Bonanno - kbonanno@livoniasaveouryouth.org • 734-338-9580