

# New Meeting Room

**Classroom 11**  
**St. Mary Mercy – Livonia**  
36475 Five Mile Road  
(Use South Entrance, take elevator C to the 4<sup>th</sup> floor)

**First three Tuesdays**  
(September through May)  
**7 – 8:30 p.m.**  
**St. Mary Mercy Livonia**

## This program is for:

- Families
- Teens
- Parents
- Grandparents
- Students
- Teachers
- Health care professionals
- Anyone who wants information



**Make a Difference**  
in the health of our community

## Substance Abuse: What you need to know and what you can do

*I see substance abuse and mental health issues in my family; what can I do? How do I convince my loved one he or she needs help? Where can I go for help and information?*

Are you struggling with one or more of these questions? Join us for a **free**, educational series designed to provide information about substance abuse, recovery and related issues. Resources and referrals available.

**Tuesday, January 5, 12, 19, 2016**

7:00 – 8:30 p.m. – **FREE!**

Attend just one session, two, or all three

## January Topic:

***Suicide Prevention and Addiction***

## Presenter:

**Brian Spitsbergen, MA, LLPC, CAADC**, Program Director,  
Community Intervention & Treatment, Growth Works, Inc.

This education series also includes:

- Understanding addiction
- Creating mindfulness to support recovery
- Resources for treatment

For more information, call 734-338-9580 or email  
[kbonanno@livoniasaveouryouth.org](mailto:kbonanno@livoniasaveouryouth.org)