



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

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

Is my loved one addicted? Am I addicted? What should I do about the substance abuse of my child? How do I take my life back? How do I convince my loved one he or she needs help? I see a lot of substance abuse in my job; what can I do?

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

This educational series includes:

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

For more information, call 734-338-9580 or email kbonanno@livosaveouryouth.org.

Updated 2/29/16

Classroom 11
St. Mary Mercy-Livonia
36475 Five Mile Road
Use **South Entrance**, take
elevator to the 4th floor

First three Tuesdays
(September through May)
7 – 8:30 p.m.

Free!
Attend just one session,
two or all three

This program is for:

- Teens
- Parents
- Grandparents
- Teachers
- Health care professionals
- Anyone who wants to learn more

