



Making a Difference *in the health of our community*

**Community Health  
Needs Assessment  
(CHNA)**

**This program is for  
anyone impacted  
by an addiction:**

- 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.**  
**St. Mary Mercy Livonia  
Classroom 11**

## **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 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:**

[stmarymercy.org](http://stmarymercy.org) • [livoniasaveouryouth.org](http://livoniasaveouryouth.org)

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