

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.

Virtual meeting

Join Zoom Meeting

<https://us06web.zoom.us/j/87101182725?pwd=cXN4ZjVsY2tPd3hyMXJ1a0pGTFZnZz09>

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:

TrinityHealthMichigan.org • livoniasaveouryouth.org

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



Brian Spitsbergen, PhD, PLLC

