

★ ★ ★ **FREE TRAININGS - OPEN TO THE PUBLIC** ★ ★ ★

# Dump the Midday Slump

**Thursdays 2:00-3:00pm**  
**August 21<sup>th</sup> through**  
**September 18<sup>nd</sup>**

*It's hard to stay productive in the early afternoon, so why not make good use of that time by trying to learn something new? Each one-hour training stands alone, so just register for the one(s) that work for you.*



Click on the name of the training  
or  
scan the QR code to register.



\* CEUs for the indicated trainings have been approved through the Iowa Board of Certification. More info at [iowabc.org](http://iowabc.org).

If you have problems with the Zoom registration, need to cancel, or if you have any questions, please email [OpioidResponseIC@CFRhelps.org](mailto:OpioidResponseIC@CFRhelps.org).

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**COMMUNITY & FAMILY RESOURCES**  
*Inspiring prevention, treatment and recovery*

**IOWA**  
**Health and Human Services**

**8/21/2025**

**Opioid Overdose Education & Naloxone Training\***

Overview of opioids, opioid overdose, how to obtain and administer the overdose reversal agent naloxone

**8/28/2025**

**Stigma Associated with Substance Use Disorder\***

What stigma is, how it affects people with addiction, and strategies for change

**9/4/2025**

**Drug Trends**

Learn about current drug use data in Iowa, effects of opioids, stimulants, and other substances, root causes of current trends, and how the community can respond

**9/11/2025**

**Substance Use 101\***

Commonly misused substances and how they impact the body

**9/18/2025**

**Trauma-Informed Care for a General Audience\***

Trauma's effects on development and behavior, especially for children, how to advocate for trauma-informed care