

You are invited to join us online for FREE



LUNCH 'N' LEARNS

Wednesdays 11:30am-12:30pm

August 20th through September 17th

You do not need to commit to attending all 5 weeks. Each one-hour training stands alone. Just register for the training(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.

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

Sponsored by



COMMUNITY & FAMILY RESOURCES

Inspiring prevention, treatment and recovery

IOWA

Health and Human Services

8/20/2025

Substance Use 101*

Commonly misused substances and how they effect the body



8/27/2025

Understanding Addiction & Recovery: Information for Family, Friends, and Caregivers

Basics to help provide support, practice self-care, and find resources



9/3/2025

Opioid Overdose Education & Naloxone Training*

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



9/10/2025

Kratom Education*

Basics about what we know about Kratom, how it's used, and how it affects the body



9/17/2025

Psychostimulants*

How psychostimulants work in the brain, medical uses, and strategies for preventing misuse

