

# Community & Family Resources

## UNDERSTANDING ADDICTION & RECOVERY: INFORMATION FOR FAMILY, FRIENDS & CAREGIVERS

### WHEN

Mon, Mar. 25, 2024  
6:00-7:00 pm

### WHERE

Washington Free  
Public Library  
115 W Washington St  
Washington, IA 52353  
Nicola Stoufer Room



## COMMUNITY & FAMILY RESOURCES

*Inspiring prevention, treatment and recovery*

### OBJECTIVES

- ✓ Define what addiction is and how our thinking has evolved based on the science
- ✓ Visualize the recovery process (readiness, entry, during, long-term)
- ✓ Differentiate between harm reduction and MOUD
- ✓ Clarify the roles that family/ friends/ caregivers play in support as well as self-care, and available resources

QUESTIONS? CALL OR EMAIL US:

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