

# DO YOU KNOW SOMEONE

**AFFECTED BY SOMEONE'S USE  
DISORDER? IT COULD BE YOU  
OR SOMEONE YOU CARE ABOUT**

**WHEN  
TBD**

**WHERE  
TBD**

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**FOUR WEEKLY  
DISCUSSIONS**

**ADDICTION:  
A BRAIN  
DISORDER**

**RECOVERY FROM  
USE DISORDERS  
BEGIN WITH A  
DECISION:  
THE STAGES  
OF CHANGE**

**YOU CAN BE  
SOMEONE'S  
BEST CHANCE  
AT RECOVERY:  
WHAT TREAT-  
MENT LOOKS  
LIKE**

**FOUR PILLARS  
OF PERSONAL  
WELLNESS:  
RECOVERY**