



Defining Addiction Community Workshop

Topics To Be Covered

- Defining Addiction
- The 4 C's of Addiction
- Substance Use Continuum
- The Iceberg Model of Addiction
- Stages of Change
- Concurrent Disorders
- Recovery
- Overview of ASCO services

WORKSHOP DATES

(Provides Cantonese Interpretation)

1. Monday, February 5th,
11am-12pm
2. Wednesday, March 20th,
11am-12pm

IN-PERSON LOCATION

Carefirst Seniors & Community Services Association

300 Silver Star Blvd., Scarborough
ON M1V 0G2. Ground Floor

For inquiry/registration, contact us at:

info.hpcp@carefirstontario.ca or (416) 502 2323 ext. 6198

Workshops are also live-stream on Zoom:

Mon, Feb 5, 11am- 12pm	Registration is recommended at: https://us06web.zoom.us/join/join?from=addon&addon=1 Meeting ID: 870 5706 6798 Passcode: 732375	
Wed, March 20, 11am- 12pm	Registration is recommended at: https://us06web.zoom.us/join/join?from=addon&addon=1 Meeting ID: 881 3885 1284 Passcode: 209255	