

Understanding Addiction



Canadian Mental
Health Association
British Columbia
Mental health for all

A unique online training program for those who work directly or indirectly with people who face challenges with addiction

Offered by the Canadian Mental Health Association's (CMHA) BC Division, this course is designed to increase knowledge, enhance self-awareness and strengthen skills.

By the end of the course, participants will:

- Gain a better understanding of addiction
- Learn effective, practical skills to increase comfort in responding to addiction in a positive and respectful way
- Develop confidence in working with challenging clients while protecting workplace safety
- Build greater comfort in having conversations that promote inclusion and healthy communities

Building skills to better help the communities you serve

As the nation-wide leader and champion for mental health, CMHA helps people access the community resources they need to build resilience and support recovery from mental illness or addiction.

Understanding Addiction was developed to improve access to community resources by offering evidence-based training tailored to meet the needs of a wide range of employees and organizations that offer support to people struggling with addiction.



"I enjoyed this course and learned a lot. It was one of the more interesting, integrated, and user-friendly online courses I have taken. Thanks!"

—course participant

What participants can expect

Understanding Addiction includes eight interactive online lessons that feature opportunities for personal reflection, downloadable resources and a facilitated forum.

Learn about the factors behind addiction and control, the dynamics of helping people change and what to do in difficult situations. Participate in opportunities to practice skills that will challenge you to do things differently and better understand the impact of stigmatizing language and beliefs.

Online learning

Understanding Addiction is self-paced and accessible through any computer, smart phone or tablet. Participants have three months to work through the eight lessons at their convenience. Each lesson takes about 60 to 90 minutes complete.

Opportunities for enhanced engagement are supported through moderated forums and downloadable resources.

Join one of our upcoming courses starting:

- January 15, 2016
- May 15, 2016
- September 15, 2016

Course fee: \$100 per person

Learn more and register at www.UnderstandingAddiction.ca

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