

Addiction 101

► **Free workshop** | Understanding addiction and recovery

About the workshop

Get a better understanding of addiction and recovery, and the confidence to respond supportively. You'll learn what can lead a person into addiction, what strategies can help them change, and when to get professional help, along with practical ways to look after yourself.

Our experienced facilitators bring a huge amount of professional and personal experience to the day, running interactive activities and stimulating conversations that bring the learning to life.

Participants receive a workbook with Addiction 101 notes, additional reading, and a directory for support and assistance, plus access to an interactive e-learning to apply what you learn.



Learning outcomes

After attending Addiction 101, participants will be able to:

- use Te Whare Tapa Whā to understand addiction and recovery
- recognise signs of addiction
- relate brain and body responses to addiction
- respond supportively to people experiencing addiction.

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“Attending the workshop is about gaining an understanding about where the person is coming from, and working alongside them.”

Workshop details

Thursday 10 August, 9am - 4.30pm

The Parnell Hotel, Gladstone Rd

<https://tinyurl.com/housingfirstaki>

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code to
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