

# 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

“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*

**Understanding Addiction** features eight interactive online lessons with 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.

**Register now!**

**Course fee:**

\$100 per person

Learn more and register at [www.UnderstandingAddiction.ca](http://www.UnderstandingAddiction.ca)

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