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JOIN US IN ENDING STIGMA

**Honest Conversations
about Substance Use Disorders**

March 30th through April 20th

► **SUD 101**

What does it mean to have a Substance Use Disorder?

► **Harm Reduction**

Ways to help support your loved one who continues to use.

► **Stages of Change**

Supporting your loved one who is changing their relationship with their use.

► **Tips for Caregivers**

How to tend to your own needs while caring for others.

Held on Thursdays from 5:00 – 6:00pm

**Monument Street Counseling Center
76 Monument Street**

For more information about Ending Stigma, please contact:
kblackborow@mgh.harvard.edu or jmcauley2@partners.org.

In partnership with the Coalition Collaborators



**MGH INSTITUTE
OF HEALTH PROFESSIONS**