

Join the Voices for  
**recovery**

**now  
more than  
ever!**



September 2010

**THE RECOVERY INSTITUTE:** Developing pathways to recovery through education and inspiration series

## **Substance Use and the Brain**

**Friday – May 21, 2010      Noon – 1:30**

**BYO Lunch optional**

**Region Ten Community Services Board**

**500 Old Lynchburg Road Conference Center**

**Charlottesville, VA 22903**

**Come take a peek inside the brain with us to see the reward pathway. We'll explore how using drugs and alcohol affects the brain, and how for some it becomes addictive. We'll also learn how the brain is affected by recovery oriented actions. Our speaker, Missy Rand Barker, is a Licensed Professional Counselor and Certified Substance Abuse Counselor.**

### **Coming Next in the Recovery Institute Series:**

♦ **June 18 - 1:00-2:30 About Recovery: What I've learned thus far.** Ken Moore

♦ **July 16 - 1:00-2:30 I'll See It When I Believe It: ABC's of Emotional Wellness.** Paul Abrams

♦ **August 20 - noon-1:30 How can medicine be a recovery aid? Overview of psychiatric medications** (Brown Bag Lunch).

**September is Recovery Month! Event each Friday**