

HEALTH & WELLNESS WORKSHOP
SPONSORED BY COUNSELING & PSYCHOLOGICAL SERVICES

Understanding Addiction & Co-Dependency

Are you worried about you or your partner's drinking, drug use, excessive gambling, or viewing hours of internet pornography? If so, you and/or your partner may be experiencing the damaging effects of addiction and/or co-dependency. Come learn more about these topics, as well as basic strategies for self-care and ways to seek support.



TUES, MARCH 10
12 - 1 PM
SMSU 215/216

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Free Healthy Snacks!