

# Healthy Living Seminars

A series of workshops brought to you by All Saints' Episcopal Church  
& The Littleton Community Center



## Addiction Hurts



Please join us for this important seminar if you are experiencing a substance use disorder, if you are a family or friend of someone who needs help, if you are a professional who could pass valuable information on to others or a representative of the people who would like to learn more about the scope of the problem and possible solutions.

**Saturday, August 3, 2019**      **10:00 – 11:30**

### **Addiction Hurts: Resources for People & Families Struggling with Drug & Alcohol Dependency**

**A 90-minute panel discussion with questions and answers**

Panel Members: **Karen Moore**, OTR – Moderator / **Angel Smith**, Team Leader, Peer Support Center / **Heidi Ballentine**, WARM (Wellness and Recovery Model) Program at North Country Health Consortium / **Matt Buteau**, Recovery and Prevention Specialist, **Don Monahan**, US Navy Veteran, 34 years sober, lost two sons to the opioid crisis, becoming a drug and alcohol counselor

**All Saints' Episcopal Church, 35 School Street, Littleton, NH**

603-444-3414 [www.allsts.org](http://www.allsts.org)