



Winter 2019

LUNCH & LEARN *with ACES*

The Addictive Brain

Jan. 17, 2019 | 12:00 to 12:45 | Kirkhof 0073

This presentation will discuss addiction to alcohol and other drugs. Information will be provided describing what happens in the brain and how this information may help others deal with and overcome addiction. It will also discuss genetic predisposition to addiction, and provide referral resources.

How to Help a Friend with a Drinking Problem

Feb. 21, 2019 | 12:00 to 12:45 | Kirkhof 0073

This presentation will provide education regarding how to help a friend with a drinking problem. Signs and symptoms of problem drinking or other drug use will be discussed. Resources for support will also be provided.

The Blending of Mental Health and Substance Use

Mar. 21, 2019 | 12:00 to 12:45 | Kirkhof 0073

This presentation will focus on co-occurring disorders such as alcohol/cannabis/other use disorders and depression/anxiety/bipolar/etc. Information regarding characteristics and the possible courses of treatment & recovery will also be discussed, along with referral resources.

Pack a lunch and join ACES discussing a variety of topics. Lunch & Learns are open to GVSU faculty and staff.