

NOT AN EASY | FIX

...but there is always hope!

IT TAKES A 'VILLE'! – LET'S TALK

A 3-Part Series for Parents and & Others Exploring the **Prevention** of, **Treatment** for, & **Recovery** from Substance Use Disorder. Important community conversations, videos, resources & more to guide and assist you, conducted by area addiction specialists.

ROUNDTABLE #1

PREVENTION

Wednesday, April 26, 2023, 7-8:30pm

Prevention Resources/Safe Communities Coalition + EmPoWER Somerset + D.A.R.E. + Middle Earth

- How to talk to your kids about drugs
- The truth about experimentation
- The dangers of Fentanyl
- Self-medicating, Anxiety, Depression, Peer pressure
 - Community programs for youth
 - What signs am I looking for?
 - How to react?

ROUNDTABLE #2

TREATMENT

Wednesday, May 3, 2023, 7-8:30pm

Somerset Treatment Services + Hackensack Meridian Carrier Clinic + Operation Helping Hand + Somerset County Human Services

- My family member is using drugs - where to get help?
- What program is best?
- Detox, Rehab/30-90 days Inpatient
- IOP/Intensive Outpatient • Counseling
- Enabling vs. Support
 - Signs of Relapse/Narcan
 - Medically Assisted Treatment

ROUNDTABLE #3

RECOVERY

Wednesday, May 10, 2023, 7-8:30pm

Community in Connection + Pathways To Recovery + Open Door Recovery Center + Sharing the Hope Family Support Center

- Creating a solid support system
- Sponsors/Meetings • Stigma
- Activities to ward off boredom, depression, and relapse
- Jobs, Transportation, Housing
 - Re-establishing the family unit and moving forward
 - Legal Matters

St. John's Episcopal Church (Fellowship Hall)
158 W. High St., Somerville, NJ

Sponsored by Not An Easy Fix in partnership with the Borough of Somerville & the Somerville Municipal Alliance. Free of charge. Coffee/Tea & Snacks.

See you there!

Visit www.notaneasyfix.org • Questions? info@notaneasyfix.org

A 501c3 non-profit organization