

# Building Resilience . . . Through Understanding Substance Abuse and Addiction

**A Community Call to Action**

## SAVE THE DATE

8AM - 12PM

March 8, 2019  
Stockton, CA

March 26, 2019  
Fresno, CA

April 18, 2019  
Bakersfield, CA

**Free Admission**

*Please join us for a special community presentation and commit to making a difference for children and families who are struggling with substance abuse and alcohol.*

## Lisa Frederiksen

Author of eleven books, Lisa Frederiksen is a national keynote speaker, trainer, consultant and founder of BreakingTheCycles.com and Secondhand Drinking Prevention. She has spent the recent 14 years researching, writing, speaking and consulting on substance abuse prevention, adverse childhood experiences (ACEs), trauma, mental illness, addiction as a brain disease, co-occurring disorders, secondhand drinking, secondhand drugging, brain health and recovery, help for the family and related subjects -- all centered around 21st century brain and addiction-related research.

Join us to learn more about substance abuse and addiction, and ways to help make a difference for people who are struggling with addiction or living with those who are addicted.

### DID YOU KNOW?

**21.5 million American adults (aged 12 and older) battled a substance use disorder in 2014.**

National Survey on Drug Use & Health

