

Loving Someone Who Loves Alcohol or Drugs: An Alternative to Tough Love with **Patt Denning, PhD**

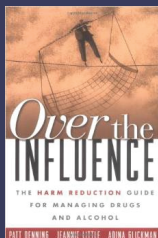
March 21, 2016
7:00 to 8:30 p.m.

San Rafael Corporate Center
750 Lindero St.
(The building nearest Andersen Dr.,
between 2nd St. and Andersen Dr.)
Meeting room is off the lobby.
Free parking lot (after 6pm) on west side of street.
Free and Open to the Public



Patt Denning, PhD
author of *Over the Influence*
Director of Clinical
Services and Training
with The Center for Harm
Reduction Therapy

For too long loved ones have been told to abandon their spouses, children, or friends to the negative consequences of alcohol and drugs. "Let them hit bottom" is too often the advice given to families. But bottoming out is not only ineffective, it can ruin the lives of both the drug user and their loved ones. This talk will introduce the audience to harm reduction, a humane and pragmatic approach to what should be treated as a health issue, not a legal or a moral one. Dr. Denning will teach people how to have conversations with their loved ones who misuse alcohol and drugs, conversations that can lead to real and sustained change. She will offer tips on how to set limits without resorting to arguments, threats, and tough love.



**Over the Influence:
The Harm Reduction
Guide for Managing
Drugs and Alcohol**

The book *Loving Someone Who Loves Alcohol & Drugs*
will be available in the Fall of 2017

Hosted by

NAMI Marin, 555 Northgate Drive · Suite 280
San Rafael · CA 94903 · 415-444-0480
www.namimarin.org

The Center's locations

315 Broadway, Oakland
45 Franklin, Suite 320, SF
San Jose - Coming Soon