

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

**Tuesday, August 23, 2016**

**6:00 to 7:30 p.m.**

Milpitas Community Library  
Auditorium  
160 North Main Street, Milpitas

**Tuesday, September 20, 2016**

**6:00 to 7:30 p.m.**

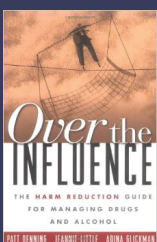
Rockridge Branch: Oakland Public Library  
2nd Floor Meeting Room  
5366 College Ave., Oakland



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

### **Free and Open to the Public**

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