

SUBSTANCE USE

DISCOVERING A HEALTHY BALANCE

This session of our Thrive Talk series fosters open and healthy discussions that serve the lifespan.

The relationship between substance use and mental health is nuanced and continues to evolve through our lifespan. While progress has been made to destigmatize mental illness, many of us still struggle to find the right vocabulary to have open, honest, and guilt free conversations about substance use behaviors. In the bustle of modern life, it is important to pause and consider our inner motivations. This Thrive Talk will teach *prevention in action*; an approach that applies a harm reduction lens to interpersonal engagement around substance use and explores how self-aware intention can guide healthy substance use behaviors.

Our Speaker



Charlotte is a Licensed Social Worker and a candidate for becoming a Certified Alcohol and Drug Counselor (CADC). She holds a Master of Social Work from Jane Addams College of Social Work at the University of Illinois Chicago, and a Bachelor of Arts in Applied Psychology from the University of Illinois Chicago. Her clinical interests include substance use disorders, mood disorders, and trauma. She works with both youth and adult clients at Thrive and facilitates/co-facilitates two group therapy spaces focused on interpersonal relationships and dialectical behavior therapy, respectively. She has experience volunteering as a court appointed special advocate (CASA) in the family courts/foster care system, as well as facilitating on-campus support groups and serving as the Executive Director of UIC's United Support Network chapter. She is a longtime Oak Parker. Charlotte lives with her two cats, Silas and Fern, and loves plants, baking, and antiquing.

Charlotte Holley, MSW

FREE EVENT!

1 CEU Available for Counselors and Social Workers \$20

Register Today!



Scan the QR code
or
call 708-683-9091 to register

In-person at the Community Recreation Center (CRC)

229 Madison St, Oak Park, IL 60302

September 27, 2023

6:30 - 7:30 PM

Thrive Talks are funded by the Community Mental Health Board of Oak Park Township