**Supporting Those Who Are Coping with Addictions: Review of Current Trends, Continuum of Treatment Options and Support**



**April 18, 2019**

**10 AM to 1PM**

**Training Location:**

**Grace Christian Church**

**440 King St E.**

**Cobourg, Ontario**

**RSVP: Due to limited space, please register with TFC at your earliest convenience at**

**905-373-0522 Ext. 0 or**

**tfc.reception@tfcprogram.ca**



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*Guest speakers:*

***JOHN MATTSON***

*Addictions Counselor/ Wellness Coach*

*Alderville First Nation*

*and*

***CHERYL ROBINSON***

*Registered Psychotherapist FourCAST*

*Thursday April 18, 2019*

*10 AM to 1PM*

John Mattson has been working in the human services field for close to 20 years; in areas including mental health & addictions in his First Nation community, youth emergency shelters, probation & parole, group homes and government projects. John is a Level III Certified addictions counsellor who has a special interest in trauma & attachment, psychology, sociology and human behavior.

Although John continues to expand on his western knowledge and practices in health he is a strong advocate in the use of our Traditional & Cultural practices being an essential component for the strength and future of our First Peoples as individuals, families, communities and as nationhood.

Cheryl Robinson is a Registered Psychotherapist and has been working within the Addiction and Mental Health field for the past fourteen years. Cheryl has worked in various programs at Four Counties Addiction Services Team – Intake, Community Withdrawal Management, Counselling, groups and as a liaison from FourCAST within a Crisis program. She is currently the Clinical Practice Lead for FourCAST and offers Orientation for new Staff. She is a trainer for the Question of Care workshops that are hosted by the Peterborough Drug Strategy.