

Healing Through the Process:

ADDICTIONS AND THE IMPACT OF COVID-19

A Stay Well Workshop Series

Tuesdays from 2 to 3 p.m.

This five-part Zoom workshop series is for those working in the field of substance use recovery, people going through recovery themselves, or anyone interested in learning about addiction in the context of the pandemic. Presenter Kristal Reyes will offer perspective and understanding as she explains various types of addictions; how trauma from the pandemic has contributed to addictive behavior; coping techniques; and where to look for support and healing.

All sessions are free. [Click here to register](#) or scan QR code.

CEU credits are pending MCBAT, Social Work

Dates and topics

Tuesday, August 29 - **Alcohol Addiction**

Tuesday, September 5 – **Marijuana Addiction**

Tuesday, September 12 – **Drug Addiction**

Tuesday, September 19 – **Behavioral Addictions**

Tuesday, September 26 – **Building Resilience**



Kristal Reyes, LMSW, MPH, CAADC, is a licensed clinical social worker with a master's degree in public health and a specialization in addiction and recovery. She has extensive training in crisis and trauma services. Kristal currently works as an outreach specialist for the Michigan Stay Well program and is the clinical director and co-owner of 1st Step Referral Service. A wife and mother of four children, she also teaches social work at Eastern Michigan University and the University of Michigan.

Stay Well is a crisis counseling program administered by behavioral health professionals at the Michigan Department of Health and Human Services (MDHHS) in partnership with the Michigan Public Health Institute (MPHI) and Gryphon Place. It is supported by state and federal funding.

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Michigan.gov/StayWell