

Addictions by Fanie Charette 1 full day

- Definition of addiction
- The cycle of addictions
- Consequences of brain dependence (reward system)
- Manage cravings to consume
- Emotions and addictions

Biography: Fanie Charette

Specialized Educator and Human Relations Officer at the Montréal Addiction Rehabilitation Center for 19 years. Specialized in addiction and group animation. Mide 1st degree, helping in the midewin lodge, participates and helps spiritual healing with Léo and Omer St-Onge