

# ADDICTIONS 101:

Understanding addictions, harm reduction, and ways to help in our communities!  
Presented by Dr. Kara Fletcher

Kara Fletcher, PhD, MSW, RSW, is an Assistant Professor at the University of Regina Faculty of Social Work, Saskatoon Campus. Kara's research is focused on addictions, harm reduction, mental health, systemic interventions, and Medical Assistance in Dying. Kara maintains a small private practice where she works with individuals, couples, and affected family members in the context of addiction and complex mental health challenges, families with young children, and individuals living with trauma.

**Tuesday,  
March 16**

9:00 a.m. – noon

Virtual Presentation  
hosted via Zoom

Free of charge

## Pre-Registration Required:

<https://www.eventbrite.ca/e/addictions-101-tickets-143192082373?utm-medium=discovery&utm-campaign=social&utm-content=attendeeshare&utm-source=strongmail&utm-term=listing>

For questions or further information please contact:  
erin.plamondon-braun@saskhealthauthority.ca



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