

14 February 2011

Talks on binge drinking and Cannabis

Shoalhaven City Council in conjunction with the Community Drug Action Team and Ulladulla High School will host a leader in alcohol and Cannabis use among adolescents and sports people at two talks in the city on 16 February.

Dr Stefan Gruenert will speak at the Shoalhaven City Library, Nowra, and at Ulladulla High School on the affects of binge drinking and using Cannabis [marijuana]. The talks are free and all citizens are invited to attend.

Dr Gruenert will draw on his own work and the latest research to give an overview of alcohol and cannabis use in Australia. He will discuss the impact that these drugs can have on the brain, on mental health as well as current strategies to prevent and reduce their harm in the community.

He will also outline the developmental assets that should be strengthened to help young people reach their full potential with greater resilience.

Dr. Stefan Gruenert is the Chief Executive Officer for Odyssey House Victoria. As a psychologist with more than 12 years experience in the Drug and Alcohol sector, Stefan has worked with children, young people, adults and parents with addictions.

Dr Gruenert is an executive member of fadnet (the Family Alcohol and Drug Network), is a Board Director of ADCA (the Alcohol and Other Drug Council of Australia) and sits on the Australian Psychological Society's Illicit Drugs in Sport Initiative.

Binge drinking and Cannabis

What: Free talk on binge drinking and Cannabis use with Dr Stefan Gruenert

Where: Shoalhaven City Library, Nowra, 10 Berry St, Nowra

Ulladulla High School, South Street, Ulladulla

When: Nowra Library, from 2pm to 4pm, Wednesday 16 February 2011

Ulladulla High School, 6.30pm to 8.30pm, Wednesday 16 February 2011

Interested citizen should RSVP to Dianne Woods on (02) 4223 8349 or 0401 718 469 or via email to Dianne.woods@sesiahs.helath.nsw.gov.au

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