

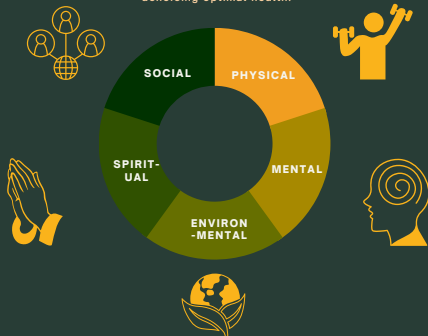


# RASS: RICHMOND ADDICTION SERVICES SOCIETY

## ADDICTION PREVENTION & EDUCATION

### "Excellence in Prevention"

RASS or Richmond Addiction Services Society is a not-for-profit organisation catered to the prevention of addiction. Through the interplay of the 5 life areas, their programs and services aim to support individuals and communities in achieving optimal health!



**"AN OUNCE OF  
PREVENTION IS WORTH A  
POUND OF CURE"**  
-BENJAMIN FRANKLIN

When RASS was originally founded over 25 years ago, it was one of the only addiction services around. RASS views addiction as a problem that we can get ahead of and has switched their primary focus to preventative programming to reduce addiction in our community. Through a variety of preventative programs, kids and families have the opportunity to talk with counsers, connect with the community, and participate in various activities to reduce future chances of addiction, especially in families where addiction is already present and more likely to be a repeated behavior.

## PREVENTATIVE PROGRAMS:

<b>Community Prevention:</b>	<b>Supporting Youth:</b>	<b>School's Out:</b>	<b>CATS:</b>	<b>Youth Peer Support:</b>	<b>Supporting Families:</b>
Provides support and education through a multitude of programs including presentations, workshops, facilitated groups, general public opportunities, and special events.	Intervention, support, and life coaching are offered for youth aged 12 – 24 who are struggling with substance use and mental health challenges.	A collaborative afterschool program for elementary school children that aims to build resilience and core competencies through educating and interacting with the 5 life areas or well-being.	Constructive Alternative to Teen Suspension (CATS) is a 3-day education program for youth who have violated the drug and alcohol policy at their school. Topics covered include reflecting on usage and developing healthy coping mechanisms.	Using their lived experiences, youth peer support workers help and connect young people to services within the community through offering emotional support and systems navigation.	This program aims to support families affected by parental mental health and addiction through opportunities for family members to access community support, become more educated, and strengthen social connections in the community.

## REACH OUT FOR SUPPORT

**IF YOU OR SOMEONE YOU KNOW IS STRUGGLING  
WITH ADDICTION DON'T HESITATE TO REACH  
OUT!**

**604-270-9220 ~ RASSRICHMOND.CA**

Make a donation today: <https://rassrichmond.ca/donate>