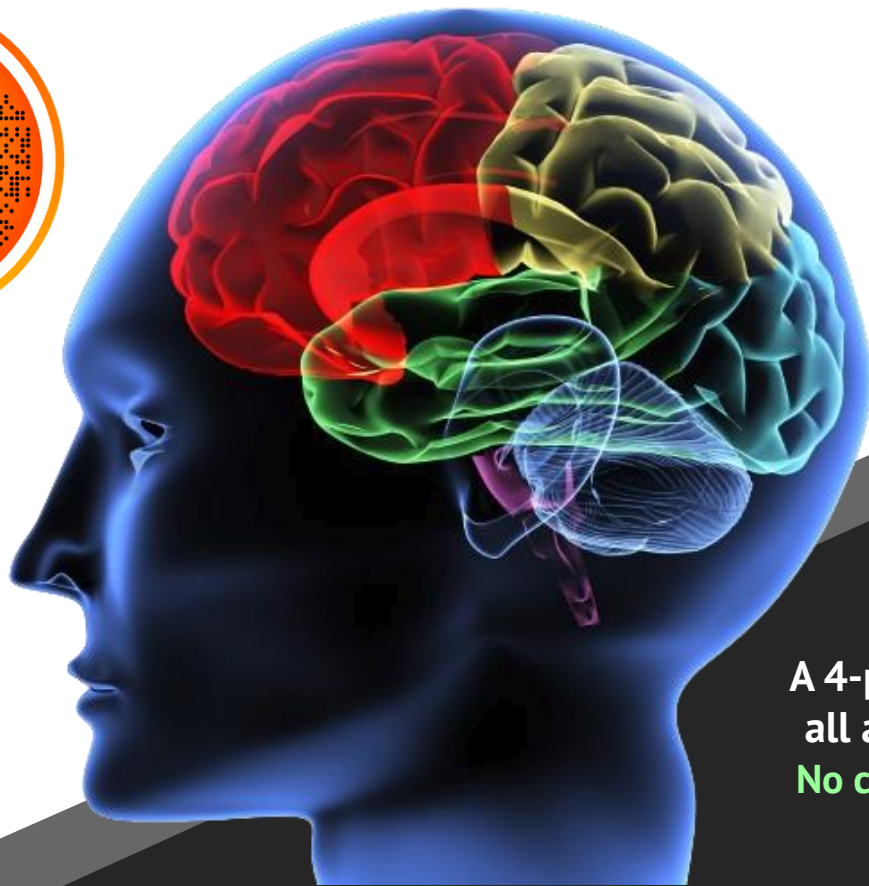




Register [online](#)
or by phone at
530.918.7222.



Jan 22nd

Feb 29th

Apr 22nd

May 28th

A 4-part virtual series,
all at 2:45 – 5:00pm
No cost to participants.

THE BRAIN

ON DRUGS, ALCOHOL, AND OTHER THINGS

The Neuroscience of Addiction

Presented by

Ernie Mendes, PhD

In this training series we will explore what is common to all addictive and overindulgent behaviors. Drugs, alcohol, tobacco, social media, video games, porn, cell phones, and other activities are dependent on how the brain processes pleasure and pain. By understanding neuroscience underpinnings, life situations, and personality temperaments, we will gain perspectives on how to prevent and reset the brain for recovery. Strategies will be shared to balance the brain and improve the quality of life for youth and adults.

Dr. Ernie Mendes is an organizational psychologist and a Licensed Marriage and Family Therapist. He has been providing training, coaching, and consulting for more than 30 years., with a private counseling practice for 11 years. He has taught at the high school, college, and university levels. He currently consults to school districts, government agencies and corporations, providing trainings, keynotes, and executive coaching. Dr. Mendes is a top-rated Executive Trainer at UCSD's Rady School of Management. For more information visit erniemendes.com

