

# Marijuana Specific

*The purpose of this group is to provide an educational overview of historical and current information regarding marijuana. It covers the medical aspect and the effects of both the short- and long-term use of this drug. It covers the legal history and current consequences of use. This group also gives the participant a view of treatment and recovery options.*

- Do you experience mood swings?**
- Do you become easily frustrated?**
- Do those close to you state they notice you are acting differently?**
- Do you often have to use marijuana to calm down or increase your energy?**

Before marijuana becomes a problem in your life, or if you have already begun to experience the consequences of its use, this course will provide a foundation to begin to understand what marijuana use does to your body, your mind, your spirit and how all will eventually deteriorate with continued use. Whether you feel you are a recreational user or more frequent user, this course will provide you with the knowledge to make healthy choices as well as options for alternative coping mechanisms.

[www.wmttlc.com](http://www.wmttlc.com)

Website currently under construction

## Class Information

**Time:** Classes are available to fit your schedule. Call for group time.

**Cost:** \$100

**Call:** 231-728-2138

\* *Certified Substance Abuse Counselor*

\* *Classes meet weekly*

\* *Sessions are for four weeks*

\* *Continuing services available upon request*

## Registration Information

*For more information or to register, contact West Michigan Therapy:*

**231-728-2138**

[pchandler@wmttlc.com](mailto:pchandler@wmttlc.com)

*or stop in at 130 E. Apple Ave.*

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