

Virtual Workshop Series Live on Zoom

NAVIGATING DIFFICULT conversations from our faith perspective ADDICTION, DRUGS AND SEX



PLEASE VISIT LINK OR SCAN THE QR
CODE TO REGISTER:

<https://forms.gle/kDkis7Au2vpDZRmT7>

September to November
Tuesdays 8:00-9:30 PM E.T.



SEPTEMBER 29

**The Brain Hijacked: The Neuroscience of
Addiction - Dr. Michael Pare**



OCTOBER 13

**How to Talk to Your Youth About
Screen Time - Mike Park**



OCTOBER 27

**Speaking the Truth in Love: A Guide for
Navigating Difficult Conversations - Liz Millican**



NOVEMBER 10

**Beyond Shame: Sexual Addiction and the
Church's Role - Liz Millican**

All workshops are in English

Educational sessions from a Christian perspective — not a
substitute for professional clinical care.



Restart

A Restart mental
health initiative.

WORKSHOP DESCRIPTIONS

THE BRAIN HIJACKED: THE NEUROSCIENCE OF ADDICTION



DR. MICHAEL PARE

We often view addiction as a behavioural failure, but it is actually a biological takeover. In this session, we will travel into the brain's reward system—the "pleasure pathway" that naturally motivates us to eat, love, and thrive. We will see exactly how drugs and behaviours hijack this pathway, using dopamine to trick the brain into prioritizing the active substance (or behaviour) over healthy survival itself. Learn how the hijacked brain creates the intense cycles of craving and withdrawal, and why understanding the brain's hardwiring is the first step toward recovery.

HOW TO TALK TO YOUR YOUTH ABOUT SCREENTIME?

MIKE PARK



Mike Park is a registered social worker, a behavioural therapist, and a father of three. Blending clinical expertise with his own parenting journey, he helps families navigate the challenges of the digital age with practical tools and biblical wisdom to foster healthy screen-time boundaries, encouraging parents to lead with compassion, wisdom, grace and self-care.

SPEAKING TRUTH IN LOVE: A GUIDE FOR NAVIGATING DIFFICULT CONVERSATIONS

LIZ MILLICAN

This workshop is a practical guide for approaching difficult conversations about addictions with clarity, compassion, and wisdom. It offers tools for discussing drug, gambling, and sex-related struggles in a way that is honest, respectful, and supportive, while helping people speak with care and purpose rather than shame or fear.



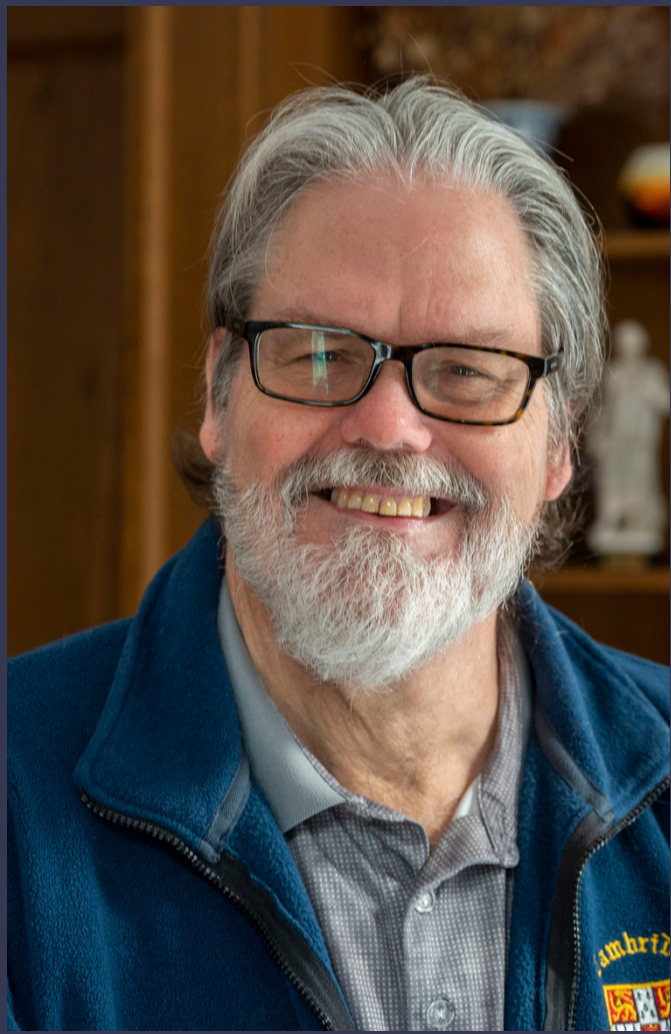
BEYOND SHAME: SEXUAL ADDICTION AND THE CHURCH'S ROLE

LIZ MILLICAN

A faith-based workshop that helps church communities understand how desire develops, how patterns can become unhelpful, and how to respond with compassion and clarity. It offers practical tools for recognizing these patterns, reducing shame, and supporting people with healthy, realistic next steps.



ABOUT THE SPEAKERS



Dr Michael Pare, is a physician and medical psychotherapist. He is a lecturer in the Department of Family Medicine at the University of Toronto. He has degrees in psychology (BSc) and neuroscience (MSc). He approaches addiction from three distinct vantage points: as a psychotherapist understanding behavior; from the neuroscience perspective identifying the brain's altered circuits; and as a physician treating the patient. Dr Pare merges these ideas to show how chemical addiction hijacks the Brain—and yet also, more positively, how science lights the path out of addiction. (Michael has also almost completed his Master of Theological Studies at Wycliffe College, University of Toronto).



Mike Park, BA, BHS, BSW, MTS, RSW, is a Registered Social Worker with clinical experience in behavioural and rehabilitation therapy. He is also a father of three and is currently pursuing a Master of Divinity. Drawing from clinical experience, personal testimony, and a faith-informed perspective, Michael shares practical frameworks for taking responsibility, and moving toward resilience and forgiveness.



Liz Millican, Registered Psychotherapist, is the Clinical Director of IncreMental Health Tips, where she manages a team helping individuals and families build healthier communication, manage conflict with compassion, and navigate difficult conversations with greater confidence. Grounded in a Christian perspective that values grace, honesty, and strong family connection, Liz equips parents with practical tools for listening well, staying calm in emotionally charged moments, and creating space for meaningful dialogue with their children.

ADDITIONAL CONTRIBUTORS



Rev. Dr. Francis Tam is the Executive Director of the Chinese Coordination Centre of World Evangelism - Canada, the Interim Principal (voluntary) of the Canadian Chinese School of Theology Calgary, and Emeritus Worker of the Christian & Missionary Alliance in Canada



Pastor Alex Cheung, Project Coordinator, CCCOWE Canada.



Nora Wu, Director, Restart Mental Health Ministries

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**CCCOWE.CA/HEALTH-
WORKSHOPS-2026**



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For youths, parents, leaders, and anyone wanting to have wiser conversations about addiction and digital life.