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STAGE FOR CHANGE – CONCERT AT THE AEOLIAN – NOV 20TH

Featuring Sarah Smith with the goal of building awareness and changing the stigma of addiction.

London, Ontario: The **third annual Stage for Change** event takes place on **November 20th, 2014** at **The Aeolian**, 795 Dundas St E from 7-10pm. There will be live music by Sarah Smith, Claire DanaHER and Broomsticks & Hammers. Voluntary donations will be accepted at the door. The goal of Stage for Change is to create awareness and support for those struggling with issues related to internet gaming disorders, problem gambling, drug and alcohol addiction.

"Stage for Change is an annual event for the whole community who want to celebrate addiction recovery. It is a great night of music and an opportunity to share stories of recovery through video. The 3rd Annual Stage for Change will be held during Addiction Awareness Week. Join us for a fun evening!" – Linda Sibley, ADSTV Executive Director

"As a woman in recovery it was great to gather in a safe environment as a community to help raise awareness of addiction through heartfelt stories and music and laughter! It was an electric atmosphere as Sarah Smith stepped onto the stage with her band... and shared music and story!! I am really looking forward to this year's event" – 2013 Stage for Change Guest

For more information or to reserve tickets, please email stageforchange@adstv.on.ca

WHY STAGE FOR CHANGE?

Calling this event Stage for Change is part of the awareness around what addiction services workers call Stages of Change. Stages of Change is a model that helps us understand the behaviour change process and is used in clinical settings where treatment takes place. The idea behind the model is that behaviour change does not happen in one step. Rather, people tend to progress through five stages on their way to sustaining long term behavioural changes.

ADDICTION SERVICES OF THAMES VALLEY (ADSTV)

ADSTV helps individuals and families in the London, Middlesex, Elgin and Oxford counties navigate the challenges of internet gaming disorders, problem gambling, drug and alcohol addiction.

ADSTV FOUNDATION

The ADSTV Foundation was created to support the ADSTV agency and to focus on building awareness of addiction in our community. The Foundation plans events and donor programs to raise funds for awareness raising activities, such as the Possible campaign and the annual Stage For Change event. Often members of our community feel stigma, shame and fear about having problems. We want to share the stories of others who have changed behaviour to encourage everyone to see that it is possible to "just show up" and "just get started" with the first steps.