

Alcohol & Other Drug Use Choices and Change Support Group



Mondays from 4-5pm at SHC 203

Support for students who are reassessing their use of alcohol and/or other drugs. Build and maintain motivation, learn to set personal goals, gain strategies for leading a more balanced and satisfying life, and make choices that are right for you. This is a harm reduction group which provides a safe, supportive and non-judgmental environment to discuss your relationship with alcohol and drugs. Abstinence is not required. This is not a 12-step group. You may attend this group as often as you like-- every once in a while or weekly. No need to sign up, just show up! New members are always welcome.

Facilitator: Stephanie McGrath, Psy.D. For more information, feel free to call **707-826-3236**. Group meets 9/11/2017-12/4/2017 except 9/25/2017 and 11/20/2017.