



UNIVERSITY HEALTH SERVICES *Tang Center*
People. Campus. Community.

CONCERNED ABOUT YOUR ALCOHOL OR DRUG USE?

Choose a Healthier Lifestyle

The TANG center is offering two groups this Fall 2011 semester for students who have experienced negative effects from their alcohol or other drug use.

Group 1: Tuesdays, 4:10 – 6:00 pm. This group is for students who would like to make healthier decisions around their alcohol/drug use to minimize the negative effects on their health, relationships and school performance. The group will explore how one's use has led to difficulties, how use affects behavior, and ways to prevent recurring problems. This group does not focus on abstinence, but rather on harm reduction.

Group 2: Wednesdays, 4:10 – 6:00pm. This group is for students who have experienced serious consequences from their alcohol/drug use and are looking for support to maintain or establish abstinence.

For either group, please contact Social Services at 642-6074 to meet with a counselor prior to starting the group. Not sure which is the right group for you? The intake session will help determine this. There is no charge for the individual appointment, but the group cost is \$100 for the semester (not reimbursable by SHIP, but can be billed to CARS account). Group 1 & 2 will start in September 2011 and will run weekly.