



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

## ***CONCERNED ABOUT YOUR ALCOHOL and DRUG USE?***

The TANG center is offering two groups this Fall '09 semester for students wanting to explore how their alcohol and other drug use has led to difficulties, and learn techniques to prevent recurring problems.

**Group 1: Harm Reduction. Tuesdays 4:10 – 6:00 pm. For students who want support in reducing the negative effects of alcohol/drugs on their health, relationships, school performance, or other areas of their lives.**

**Group 2: Early Intervention. Wednesdays 4:10 – 6:00 pm. For students who have experienced serious consequences from their alcohol/drug use, and are looking for support and strategies to stop drinking and using, or to stay clean and sober for the semester.**

**CONTACT: Social Services at 642-6074 to meet with a counselor prior to starting the group. This meeting can help you determine which of the groups might be right for you.**

**COST: There is no charge for the individual appointment. The group cost is \$100.00 for the semester (not reimbursable by SHIP, but can be billed to CARS account.)**

**WHEN: Start dates to be announced. Will continue weekly through Fall '09 semester.**