



COUNSELING CENTER

Substance Awareness: Alcohol

College is an exciting time for moving out on your own, making new friends, finding a career path and having lots of fun! Parties, dinners, relaxing or exciting events abound and many times, alcohol is a part of these experiences. This workshop will offer an open discussion on the risks and rewards of drinking alcohol. The goal is to be safe, reduce potential risk or harm, and still have fun whether you drink or not. Learn more about yourself and your fellow Mines students and leave with a plan for the future.

Signs and Symptoms addressed in the Workshop:

- Worries about “fitting in” with others that drink alcohol
- You have “blacked out” after drinking at least once in your life
- You are the one that “takes care” of others when they drink
- Experiences of hangovers, injuries or other concerns related to drinking behavior
- Unsure how to manage your drinking

Quick coping tips/strategies learned in the Workshop:

- Identify the causes of symptoms listed above
- Improve the communication with those around you
- Learn the science and hard facts about alcohol and the brain to better take care of yourself or others
- Practical skills to manage your behavior and still have a good time

To learn more, attend the Substance Awareness Wellness Workshop!