



CHOICES (Alcohol Education) Group *Spring 2010*

Membership: For graduate and undergraduate students interested in learning how to moderate their alcohol use.

Focus: The CHOICES Group is an alcohol abuse prevention and harm reduction interactive discussion experience. By using alternative coping strategies as well as information provided about alcohol, including the risks associated with excessive drinking, students engage in a self-reflective process to change high-risk behavior.

The group will provide students the opportunity to:

- be validated for decisions to use alcohol with moderation
- receive accurate but nonjudgmental information about alcohol and its effects
- reflect on personal options and choices regarding alcohol use
- have support in taking individual responsibility for change
- learn how to reduce exposure to potential harm from alcohol use
- examine a menu of options to reduce risks associated with drinking
- be part of a safe and confidential environment

Frequency: Twice with a two-week break between sessions

Time: 1 hour and 30 minutes, day and time to be determined

Location: McCosh Health Center, 3rd Floor

Contact: Call Counseling and Psychological Services at 258-3285. Request an appointment with **Colin Ennis, Psy.D.** for additional information or to sign up for the next group.

Please visit the Counseling and Psychological Services website at www.princeton.edu/uhs for updates regarding spring 2010 group offerings.