



## Men's Alcohol and Other Drug Recovery & Support Group

*Fall 2010*

**Membership:** For male graduate and undergraduate students and eligible dependents who are in recovery (or considering sobriety) and would like to receive and give mutual support to help manage the recovery process.

**Focus:** To provide a relaxed and supportive environment in which students can:

- understand the challenges/opportunities in navigating the culture of alcohol and other drugs at Princeton
- explore specific strategies for maximizing sobriety
- enrich the recovery process by examining ways to balance/deepen mental, emotional, spiritual, physical and social development

**Frequency:** Weekly during the fall 2010 semester.

**Time:** (1 hour and 30 minutes) Specific day/time to be determined.

**Location:** McCosh Health Center, 3<sup>rd</sup> Floor

**Contact:** Call Counseling and Psychological Services at 258-3285. Please request an appointment with **Roberto Schiraldi, Ed.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](http://www.princeton.edu/uhs) for updates regarding fall 2010 group offerings.