

**Changing**

**Direction**

**Alcohol/Drug Support Group**

(This is not an AA meeting)

* ***Are you feeling pressured to use drugs or alcohol at social gatherings?***
* ***Do you think it’s the cool thing to do?***
* ***Is using drugs or alcohol your way of escaping from daily stress, financial worries or relationship problems?***
* ***Do you use drugs or alcohol to come out of your shell/lose your inhibitions?***
* ***Are you concerned about a friend or loved one who is using drugs or alcohol and you want them to stop?***

**If you answered “YES” to any of the questions above or have a concern about your use of alcohol and drugs, then join this support group. You don’t have to be a client of OCS to participate. Just show up five minutes before the group starts. Maximum of 10 participants.**

**Bi-Weekly on Wednesdays at 3:00 PM**

**Starting on September 18, 2013**

**Rabbi Reich Room**

**Sponsored by the Office of Counseling Services, 757-683-4401**