THINKING OF CHANGE:
SUBSTANCE USE WORKSHOP

THURSDAYS
9:30–10:30 A.M. ET

Thinking about your substance use (drinking, smoking, vaping)? Have some things in that relationship become a little challenging? Are you wondering how to manage, moderate or reduce your use — or even quit?

This six-week workshop will give you the opportunity to learn more about the neurobiology of substances and why we like to use them, the good and not-so-good things about use and how you can reduce risks that could get in the way of your goals. You'll learn fun facts, explore thoughts and feelings around substances and identify action steps if you decide you want to make a change.

The group is open to all students who are interested in learning and engaging around substance use in a safe, supportive and non-judgmental space.

**Workshop 1: May 27–July 1**
Facilitators: Sarah De Young, LMSW and Cara Ludlow, LMSW, CAADC

**Workshop 2: July 28 –Aug. 12**
Facilitators: Markie Silverman, PhD, LLP and Cara Ludlow, LMSW, CAADC

Register:

To register, students must complete a prescreening at [bit.ly/capsphonerequest](https://bit.ly/capsphonerequest)