



Drinking Responsibly



Overview/Description:

Many people engage in moderate social drinking. Research into drinking suggests many health benefits associated with moderate consumption. However, about a third of the population will drink heavily and/or engage in what is called binge drinking or drinking to intoxication. This course is about drinking responsibly. The training addresses problems associated with binge drinking, ways to recognize problem drinking patterns and how to drink more responsibly. The course will explore common myths associated with drinking and provide participants with resources for getting help for alcohol use problems.

Workshop Objectives:

At the end of this workshop, you will:

- Understand the distinctions between alcohol use, abuse and dependency
- Identify the impact of alcohol on relationships, work performance and safety
- Identify the risk factors for developing alcohol use problems
- Recognize dynamics of enabling, denial and social pressure
- Describe the strategies for drinking responsibly
- Describe resources for receiving help



TARGET AUDIENCE:

ANYONE WHO IS CONCERNED WITH DRINKING RESPONSIBLY



EXPECTED DURATION:

45-60 MINUTES



Life is challenging. We can help.