

CHALLENGING ALCOHOL ATTITUDES POSITIVELY (CAAP)

The Counseling Center welcomes you to attend CAAP! This 75-minute skill-building workshop gives students the opportunity to evaluate their use of alcohol and other substances through group discussion and interaction. CAAP is a safe space where students are able to share their experiences and learn strategies for low-risk use, with the goal of helping reduce and prevent substance-related problems.

FALL 2021 DATES & TIMES

Thursday, September 23	5:30 - 6:45 p.m.
Monday, October 4	5:30 - 6:45 p.m.
Tuesday, October 19	5:30 - 6:45 p.m.
Friday, November 5	1:30 - 2:45 p.m.
Wednesday, November 17	5:30 - 6:45 p.m.

**For more information, please visit:
counselingcenter.illinois.edu.**

TO REGISTER

Call the Counseling Center's Alcohol and Other Drug Program Monday through Friday between 8 a.m. and 5 p.m. at 217-333-3704. Please indicate the session you would like to attend.



Student Affairs

UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN