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.

**SPRING 2022 DATES & TIMES**

- Tuesday, February 15  
  5:30 - 6:45 p.m.
- Thursday, March 10  
  5:30 - 6:45 p.m.
- Monday, April 11  
  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.