

REALITY CHECK

Thinking about alcohol and other drugs



Throughout history (it seems) drug use is as human as dancing, drumming or praying. When it comes to alcohol and other drugs, a little bit may be a good thing. More is not necessarily better.

Let the wisdom of the ages provide some guidance.



"Not too much"
cultivate moderation,
you'll have more fun



"Only when safe"
like not when you're
driving, pregnant,
in a crowded place,
or needing to get
something done

"Not too often"
keep it special, not
just the daily routine



By thinking it through, we can take care of each other.



beyond the blues
education & screening days

www.screening.cisur.ca

For more information on alcohol or other drugs

www.heretohelp.bc.ca



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