Alcochoix + A CONFIDENTIAL & FREE professional service

Alcochoix + lets you set the pace

Professional counselors will guide you as you seek solutions that meet your needs.

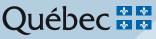
Alcoch ix+ My drinking? I'm taking care of it.

Contact:

www.alcochoixplus.gouv.qc.ca



santé et Services sociaux QUÉDEC 💀 🏘



Are you concerned about how much you drink?

Do you have between 10 and 35 drinks per week?

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Alcochoix +, is a prevention program for

- **Women** and **men** who are concerned about how much they drink and want to change their drinking habits



Alcochoix + is for adults who

- Are concerned about the effects of their drinking (loss of energy? relationship problems? declining productivity at work? health issues? etc.)



Alcochoix + is an opportunity to

- Take stock of how much you drink
- Get the information you need to make informed choices
- Identify concrete ways to change your drinking habits

Alcochoix + is an approach adapted to your needs



Self-directed option

You progress at your own pace using the *Alcochoix* + guide



Directed option

You progress at your own pace using the *Alcochoix* + guide, and also meet few times with a counselor on an individual basis



Group option

You join the program for six group sessions led by a counselor

