

**Alcochoix+**

**My drinking?  
I'm taking care of it.**

**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.



Contact:

[Redacted contact information]

[www.alcochoixplus.gouv.qc.ca](http://www.alcochoixplus.gouv.qc.ca)

07-804-02FA


**Educ**   
appuie Alcochoix+


Santé  
et Services sociaux  
**Québec** 


**Québec** 

# Are you concerned about how much you drink?


Do you have between 10 and 35 drinks per week?


 **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

