



@AnokaRamseyCC

TAKE5

DEVELOP SKILLS FOR POSITIVE LIVING

Take 5 for Substance Use Awareness and Resources

Join us to learn more about substance abuse and where to get help. We will discuss possible triggers for use and how to navigate those in your daily life.



Tuesday Nov 29th
1:30-2:30 PM
Zoom Registration
[HERE](#)

Coping With Substance Abuse Disorder



Seek counseling
or therapy



Adopt a stress-reduction
program



Exercise routinely



Manage your schedule to
avoid excess idle time



Commit to regular support
group meetings



Sponsored by the ARCC Counseling Department