



# Alcohol and Other Drugs Support Gathering

Starting October 12th  
Every Thursday 1100-1200  
Student Health Center

**This group acknowledges different goals work for different people. With help from each other, you can find the right balance for yourself.**

EMAIL [CAPS@CSUM.EDU](mailto:CAPS@CSUM.EDU) OR CALL CAPS AT (707) 654-1170 TO RESERVE YOUR SPOT.