

# SOPA - Together for a Responsible Attitude Towards Alcohol Consumption

For more information on free  
workshops and upcoming dates,  
get info at your healthcare  
centre – a health promotion centre,  
health education centre,  
or your own GP.

## INDIVIDUAL COUNSELLING

- Expert guidance
- One-to-one support
- 15-minute sessions **on alcohol consumption**
- Foundation and maintenance programme

## ONLINE CONSULTANT

- Computer-guided and anonymous **conversation about our attitudes to drinking**

## PSYCHOEDUCATIONAL WORKSHOPS FOR

- **Strengthening personal relationships**
- Relaxation techniques
- Healthier ways of coping with depression/anxiety/stress



WORKSHOPS IN HEALTH PROMOTION CENTRES