



Life is changing...

The pandemic has altered our relationships with family & colleagues. Some of us have been isolated, while others have struggled with a lack of privacy. Our routines have changed, and we haven't had our usual outlets to manage the stress. Many have coped by drinking; some began drinking while online. The new year is an opportunity to reevaluate our behaviors & prioritize our relationships.

Join us for a roundtable where local residents will discuss the role of alcohol in Westport culture, so that we can think about our own drinking habits—at home and with friends.

MINDFUL DRINKING: REIMAGINING OUR ALCOHOL HABITS & HOW THEY IMPACT OUR RELATIONSHIPS

**February 17, 2022
7pm (online)**

Sign up: www.positivedirections.org/events
Resources: westporttogether.org/prevention-coalition



How are you coping in 2022?