

Sober Curious Workshop Series

Explore your relationship with substances, learn more about the effects and patterns of substance use, and discuss strategies for decreasing use.

The workshop series will meet in MGC, Room 214. Sign up for the sessions you wish to attend through the QR codes below. All students are welcome!

Exploring Your Relationship with Substances

February 27, 2024
4 PM - 4:45 PM



Learn about Effects and Patterns of Substance Use

March 5, 2024
4 PM - 4:45 PM



Sober Curious Tools

March 19, 2024
4 PM - 4:45 PM



The Sober Curious Workshop Series is not substance use treatment.

