




Motivated to Moderate

For students who are concerned about their use of alcohol and/or various other substances. It is a non-abstinence based program, which means it is not required that students want to stop using, but must acknowledge that their substance use plays a role in their lives. Students will set personal goals and work towards making changes that are meaningful to them.



These sessions provide virtual access to informal, 30 minute, confidential consultations.

Sessions are available:

Tuesday's 11:00am- 12:00pm

Thursday's 3:00pm- 4:00pm

Students must register in advance and pick a call time. Zoom information will be sent after registration.

Open to all CWRU, CIA, CIM and KSU Podiatry undergraduate, graduate and professional students.

Register on the UH&CS Campus Group page:
https://community.case.edu/UHCS/club_signup



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