



Heart of Art Festival participant Spring 2015

**For further information please contact:**

**Sharon Guck, MPH, Coordinator or**

**Stan Watkins, LCSW, Counselor**

**Midtown Student Center rm.211**

**837-8899 or 837-8898**

**All Services And Referrals Are  
Strictly Confidential.**



**Cultivating Healthy  
Opportunities In College  
Environments**



Football team and PE's teaching others about blood alcohol levels during Fresh Check Day 2015

**CHOICES Office Contact & Info.**

CHOICES Office is located in midtown Student Center rm. 211

Office hours are Monday - Friday from 8:30 a.m. to 4:30 p.m.

Schedule appointments by calling the CHOICES Office at: 203-837-8898





## Philosophy and Goals

We believe that all students want to succeed academically and fulfill their potential during the college years. When substance abuse gets in the way, it can seriously derail those dreams. Our goal is to:

1. Provide resources, information and services that will help students make informed and responsible decisions about the use of alcohol and/or drugs.
2. Collaborate with student organizations in planning exciting, alternative activities that promote healthy lifestyle choices and result in enjoyable experiences.
3. Work with students to create positive changes on campus and eliminate under-age and binge drinking.

## How CHOICES Can Help You

- ◆ We provide, accurate up-to-date information on alcohol and other drugs, including: club drugs, inhalants, prescription drugs, pot, ecstasy and more.
- ◆ We conduct individual screening and assessments for students on a voluntary or referral basis.
- ◆ We refer students to counseling and support services on and off campus.
- ◆ We help any student who is concerned about someone else's use/abuse by advising ways they can make a difference.
- ◆ We plan educational workshops and presentations for your residence hall, club, sorority, fraternity or athletic team.
- ◆ We run support groups for students who are trying to make positive changes in their lives.
- ◆ We host 12 step recovery meetings on campus for students.
- ◆ We coordinate the Peer Education Program on campus where you can gain important skills while helping others.
- ◆ We have opportunities for students to earn the Certificate in Compassion, Creativity and Leadership.

## Peer Education (PE'S)

Peer Educators provide educational and fun programs for students in an informal environment conducive to open communications. PE'S play an important role in encouraging others to talk honestly about, and develop responsible habits and attitudes towards the use or non-use of alcohol and other student health and safety issues including; tobacco, sex, weed, healthy relationship and other wellness related topics.

## What Peer Education Offers

- **Increase your level of confidence**
- **Develop self awareness and personal wellness**
- **Participate in fun, team building programs**
- **Contribute positively to Western social life**
- **Work with others and learn communication skills**
- **Build credentials into your resume**
- **Gain experience as a group facilitator and educator**
- **EARN A CERTIFICATE IN COMPASSION, CREATIVITY AND LEADERSHIP [www.wcsu.edu/leadership](http://www.wcsu.edu/leadership)**