

***Wishing you a safe, happy,  
and healthy holiday season  
from everyone at the Council!***

## **Ring in the New Year with Healthy Choices.**

**Eat, Sleep, and Stay Hydrated!**

**2.1.1**

**Get Connected. Get Help.™**

If you or someone you  
know needs emotional  
Support. Call or text 988  
or chat online for the direct  
connection you need now.

**988** SUICIDE & CRISIS  
**LIFELINE**

**24/7 CALL, TEXT, CHAT**

**STOP**  
**DWI** **New York**

**Drive Sober  
or  
Get Pulled Over!**



**CAA COUNCIL**  
**ON ALCOHOLISM & ADDICTIONS**  
**OF THE FINGER LAKES**

Prevention, Education, Training and Referral Services

Ontario - Seneca - Schuyler - Wayne - Yates

**315-789-0310 or visit us at**

**[www.councilonalcoholismfingerlakes.org](http://www.councilonalcoholismfingerlakes.org)**

