From all of us at the

COUNCIL ON ALCOHOLISM & ADDICTIONS OF THE FINGER LAKES

Happy Thanksgiving

Don't Be a Turkey this Thanksgiving, Drive Sober, or get a Ride.

Have a Safe and Happy Holiday Season by Making Good Choices.

Call the Substance Misuse/Problem Gambling Hopeline
1-877-8-HOPENY or text HOPENY (467369)

If you, or a loved one are in mental distress,
call or text 988

The Lifeline can help you find food/housing/other local resources call 211 or text 898-211 with your zip code



Prevention, Education, Training and Referral Services
Ontario - Seneca - Schuyler - Wayne - Yates

315-789-0310 or visit us at councilonalcoholismfingerlakes.org

@councilonalcoholismfingerlakes