

TIME OUT

Don't bottle it up

Take Time Out to reclaim your life

Does **alcohol** play a larger part in your life than you would like? Is your drinking causing you **problems** at home? Would you like to **change** but don't know where to start?

Take TIME OUT

TIME OUT not only provides **support** and raises **alcohol awareness**, it also gives you an opportunity to get involved in practical activities which you can build on in your own spare time, to give you a healthier **alternative** to your current drinking pattern.

You will meet people who are facing the same challenges as you are, and together you can shape how the **TIME OUT** programme develops, helping to ensure it remains focused on meeting your needs.

The time out group meets every **Tuesday and Thursday** at AMH New Horizons, Fermanagh. **Come along and take that first step on the road to your healthier future.**

For more information contact:

**Caroline Ferguson or
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The impact of this alcohol programme aims to reduce the harm caused to people, families and communities in Northern Ireland directly affected by alcohol misuse.



Western Health
and Social Care Trust