



HIGHLAND ADP

Alcohol Awareness

Our online training attracts attendees from a wide range of sectors and we encourage active participation in our sessions through group discussions and by inviting individuals to offer comments on issues relevant to their role. If you have any concerns about participating within this interactive format please highlight this in the additional needs section of the booking form.

Course Overview

This online training aims to increase knowledge and awareness of the key issues relating to alcohol use in Scotland. Participants will have the opportunity to consider harm reduction and support strategies.

Learning Outcomes

By the end of the session participants will be able to:

- Discuss the prevalence of alcohol use in Scotland.
- Recall the unit content for common drinks and low risk drinking guidelines.
- Identify a range of reasons why people use alcohol.
- Discuss the effects and costs of alcohol use associated with different patterns of drinking.
- Recall key resources and support services available to reduce alcohol-related harm.

Date: 11 February 2025

Time: 9.15am - 1.30pm

TRAINING WILL BE DELIVERED VIA MICROSOFT TEAMS

Booking Information:

To book a place please follow this link: **[ALCOHOL AWARENESS](#)**. You may have to Create an Account if you don't already have one.

Please email: **Mariem@sdf.org.uk** if you have any general queries about this event.

Please make sure you can attend if you book a place. Courses are very popular so if you find you are unable to make it then **please let us know as soon as possible** so we can allocate your place to someone on the waiting list.