



# SMALL STEPS MATTER.

It can be a struggle every day to not drink or use drugs. Every step you take to stop drinking alcohol or using drugs will help you and your family.

## YOU ARE NOT ALONE.

Ask for help here to learn more about supports and services in the community, or call 211 for more information.

*Adapted from materials provided by the Education Training Council, Alberta FASD Cross Ministry Committee.*

*This institution is an equal opportunity provider.*

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# CADA PASO CUENTA.

Cada día puede ser difícil no tomar alcohol o drogas. Cada paso o esfuerzo que haga para dejar de tomar alcohol o usar drogas va a ayudar a usted y a su familia.

## USTED NO ESTÁ SOLO(A).

Pida ayuda aquí para recibir información acerca de apoyo y servicios disponibles en la comunidad, o llame al 211.

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*Esta institución es un proveedor que ofrece igualdad de oportunidades.*

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