



## INFORMATION & BRIEF ADVICE

*IBA is a short intervention aimed at motivating at-risk drinkers to reduce their alcohol use.*

After attending this session you will be able to:

- Hold a conversation around the topic—units, risks, scope of harm
- Use a validated screening tool to identify ‘risky’ drinking, such as the AUDIT
- Sign post to a variety of existing services for further advice

Good IBA is about not ‘advising’ too much, if at all, but encouraging individuals to identify any changes they may wish to make themselves. This session is designed to give participants the confidence to talk about alcohol and its issues.

**LOCATION: CAUSEWAY RURAL & URBAN NETWORK**  
**BROOK STREET, COLERAINE, BT51 4BU**

**DATE: TUESDAY 14TH NOVEMBER 2017**

**TIME: 10AM - 12 NOON**

**Contact: (028) 7034 4934 to book your place**

All the tools and techniques covered in this session offer readily transferable skills that can be applied to issues outside the misuse of alcohol remit.

This is a free awareness session. Certificates will be given to those who complete the session.