

Sober Curious?

While many have heard of “Dry January” – recently, more and more people are looking at what it could mean to be sober curious. While you might also have seen it termed as “mindful drinking”, or a “damp lifestyle” – **sober curious is a personal, inward look at how a change in alcohol consumption could affect you – mentally and physically.** Check out this article from Very Well Mind that walks through a sober curious lifestyle: firstcallkc.cc/sobercurious

Does it make you curious? This weekend in Kansas City you can take the sober-curious lifestyle for a test drive. At this 3-day event you can find some tasty zero-proof sips, listen to knowledgeable speakers, and connect with like-minded people. Check it out! firstcallkc.cc/KCDryVibes

Did you know that First Call offers free, confidential assessments can help you take a look at if your alcohol or substance use is problematic? Our counselors can talk you through your overall health goals and help you find resources that are individualized for you. Call 816.361.5900 today!

