Work out the monetary cost of drinking / drugging.

Produce a spread sheet or graph showing the amount of money spent over time, it does not have to be exact, just a rough estimate. Ouch. Write this figure the space below or sketch your graph here.

Use your knowledge of this step to generate new ideas and discussion points, write them down.

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Take these discussion points into the next group which you will co-facilitate and help the group have a healthy session.

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