

Mocktails

alcohol-free at its finest



The Marine Corps Air Station (MCAS) Yuma Alcohol Abuse Prevention Program's (AAPP) primary responsibility is to support the Marine Corps' alcohol misuse prevention activities and education to all commands.

The Alcohol Prevention Specialist's (APS) primary responsibility is to support the alcohol misuse prevention activities while reviewing surrounding community reports detailing the current alcohol situation related to driving under the influence and underage alcohol consumption.

The primary goals are:

- to reduce alcohol related incidents
- to diminish under-age drinking
- to eliminate alcohol related problems due to driving under the influence

Trainings and educational classes are offered at least once a month for Marines/Sailors and their dependents at the Substance Abuse Counseling Center.

For assistance or questions regarding this training or other AAPP classes, please reach out to Amie Zaja, APS at 928-269-3079 or at amie.zaja@usmc.mil MCAS Yuma building 598

Substance Abuse Counseling Center
928-269-5634

Drug Demand Reduction Program
928-269-2791

Sexual Assault Prevention Response
DoD SAFE Helpline
1-877-995-5247

Family Advocacy Program
928-269-2567

Suicide/crisis lifeline
988





Mocktails workshop focuses on allowing one to enjoy the flavor and aroma of various alcohol-free ingredients without the adverse effects that come from consuming alcohol. Mocktails are typically very easy to make and not very time-consuming. Mocktails can be made with healthy products and with low or no sugar ingredients. With more nutrients come more health benefits. Make your own mocktail and take home recipes to use on your own.

Check Your Knowledge

- 1) Mocktails can be fun and delicious.
A. True B. False
- 2) You need to drink alcohol if everyone else is.
A. True B. False
- 3) You can sober up faster if you eat food, drink water or take a shower.
A. True B. False

Drinking is a good way to take the edge off my pain.

- A. True B. False

Answers 1.A 2.B 3.B 4. B

This workshop is offered by request only. Please call for further details and scheduling.



Other Workshops Offered Through AAPP:

- Survive the Ride-quarterly
- Alcohol: Enhancing What You Know-monthly