

# Stop Hitting That Panic Button and



Take \_\_\_\_\_

**CONTROL**  
**Of YOUR LIFE!**

---

**We  
Can  
Help!**

**For Information or Confidential Assistance,  
Call:**

**Mohawk Valley Consulting Associates Main  
Office**

**502 Court Street, Suite 401**

**Utica, NY 13502**

**315-733-1726 \* 1-800-729-MVCA**



Division of Mohawk Valley Council on Alcoholism/Addictions Inc.