

Zumbro Valley Mental Health Center

DRIVING UNDER THE INFLUENCE CLASS

PURPOSE

The purpose of the Driving Under the Influence (DUI) class is to provide education about alcohol and its effects to help class participants learn strategies to prevent themselves from future drinking and driving offenses. Through the class, participants will learn methods to create individualized self protection plans. They also will be given the opportunity for self assessment of their individual alcohol use in order to evaluate personal alcohol use and any potential consequences or risks. Each participant is provided with a completion letter at the end of the class day.

DIRECTIONS

FROM NORTH

- Take Hwy. 63 South to 7th Street NE
- Turn left onto 7th Street NE
- Drive 1/2 block and take left into parking lot
- Housing/Outreach/Recovery building located at 29 7th Street NE

FROM SOUTH

- Take Hwy. 63 North to 7th Street NE
- Turn right onto 7th Street NE
- Drive 1/2 block and take left into parking lot
- Housing/Outreach/Recovery building located at 29 7th Street NE

FORMAT

- Class is held from 8:00 am to 4:00 pm on the first Saturday of each month, unless this day falls on a holiday weekend in which case class will fall on the following Saturday
- Fee is \$45 and can be paid by cash or money order. Cash (in the exact amount) is accepted on the day of the class. It is expected that you arrive at 7:45 a.m. for class if you have not paid in advance

CONTACT INFORMATION

Zumbro Valley Mental Health Center
343 Wood Lake Drive SE
Rochester, MN 55904

Phone: 507-289-2089

