

## **Letter: Come to the April 10 Discussion on Women and Alcohol**

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**Categories :** [Healthy Living](#), [Letters to the Editor](#)

**Tagged as :** [Drinking in Darien](#), [Drinking in Darien 2019YWCA Darien Norwalk](#)

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To the editor,

I wanted to bring your attention to the upcoming “Women & Alcohol: A Community Conversation” event being held at 7 p.m., Wednesday, April 10 at Darien Library.

The event is being put on by the Darien Library and YWCA Darien/Norwalk as an evening to have an honest dialogue with local experts on alcohol and women's health, social drinking, role modeling and the rise of alcohol use among women.

The event came about because I noticed the emphasis on alcohol in our community, the way drinking is made light of on social media and how women are being increasingly marketed to by advertisers.

This coinciding with the significant increase in alcoholism in women and alcohol-related deaths made me want to have a community conversation around it. I took this idea to the YWCA who in turn brought it to the Darien Library and the conversation began in earnest to make this forum happen.

April is Alcohol Awareness Month so it is the perfect time to have this event and for people to take a look at themselves and how they talk/think about alcohol and model to their children.

I want to emphasize that the last thing this event intends to do is to shame or judge women. The goal is to open our eyes as a community and become more aware.



Coincidentally, The Community Fund of Darien has some terrific additions to their 06820 campaign that they have just released around the importance of parent role modeling. They are spot-on and though-provoking. I love the synergy between community organizations and how they work together for the health of our community.

On behalf of the Darien Library, YWCA Darien/Norwalk and our panelists, I hope you will consider coming out on April 10th to hear our panel and join in on the conversation.

Respectfully,

Holly Jespersen

Senior communications manager, Shatterproof

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*News for Darien*

*<https://darienite.com>*

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*Here's an article from Mountainside Treatment Centers on the same general subject:*

- [More Drinking, Alcoholism Among Women Now, and They Face Particular Risks \(April 1\)](#)