

# CNAPA

Centre National  
de Prévention des Addictions



Inform...  
...Raising awareness  
Training...  
...Coordinate



[www.cnapa.lu](http://www.cnapa.lu)

## Mission

CNAPA develops and coordinates strategies and measures for addiction prevention and health promotion to counteract the development of addiction problems.

There are many potentially addictive offers in today's consumer and media society.

The ability to cope positively with stressful situations (resilience), the ability to deal sensibly with the risks of consuming alcohol, tobacco or other substances, as well as the ability to confidently control one's own consumption (e.g. media, shopping), allows you to cope with everyday challenges and make healthy decisions for yourself.

The promotion of these skills is our concern. We are also committed to social conditions that are geared to people's needs.

## Activities



## Target groups

Our addiction prevention measures affect the entire population living in Luxembourg, from toddlers to seniors.

It is not the circumstances that determine the happiness of a human, but their ability to cope with the circumstances.

- Aaron Antonovsky -

## The pillars of our addiction prevention work:



### Inform

... through information events, flyers, specialist literature and project documentation in our documentation centre as well as our hotline „Fro No“.



### Raising awareness

... through campaigns, information booths, the organization of conferences and the presence in social networks and the press.



### Training

... through our continuing education programs, which are aimed at professionals from the pedagogical, corporate, municipal and (para-)medical fields of work. We also offer topic-oriented courses for the public.



### Coordinate

... through a goal-oriented coordination of addiction prevention measures in cooperation with the actors of addiction prevention and health promotion in Luxembourg.



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More detailed information about our offer  
can be found at: [www.cnapa.lu](http://www.cnapa.lu)