

**Emotional Sobriety: Work it With Writing;
A 6-week journaling group for women in
recovery.**



SEPTEMBER 19 – OCTOBER 24, 2017 7:00-9:00 PM

GOALS: DEFINE AND UNDERSTAND EMOTIONAL SOBRIETY, APPLY IT TO ONE'S OWN RECOVERY, LEARN AT LEAST 5-8 CREATIVE AND INTUITIVE JOURNALING TOOLS TO BECOME MORE CENTERED IN RECOVERY, AND LEARNING AND SHARING TOGETHER!

LIMIT 10 WOMEN IN GROUP. 2 YEAR SOBRIETY REQUIRED.

COST FOR THE WHOLE 6 WEEKS:

\$150.00-210.00. You choose which end of the scale you can afford. If you pay in full by 9/1/17 you get \$25.00 discount on whatever end of the scale you can pay!! No walk-in registration!! Call Kay to register!

**DISCOVER NEW IDEAS
ABOUT NEUROSCIENCE
AND EMOTIONAL
SOBRIETY**

**DEVELOP GREATER
EMOTIONAL LITERACY
AND WAYS TO
REGULATE EMOTIONS**

**LEARN AT LEAST 5-8
NEW JOURNALING
TOOLS**

**GAIN INSIGHT, BECOME
MORE CENTERED, HEAL
AND GROW,
SHARE WITH OTHER
WOMEN IN SOBRIETY!**

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