



# Emotional Sobriety Workshop

**August 25, 2024 Sunday**

**1:30 to 4:00 pm PST**

**Zoom ID: 811 8895 2580**

**Passcode: 527774**

## What is Emotional Sobriety?

Can include:

Leading a healthy, emotionally balanced life

Living in the present and accepting “what is”

Resilience - finding equilibrium when things

don't go your way

Tolerating the feelings

Please join fellows with many years of recovery and learn more about Emotional Sobriety!

**More info txt Regina H. (714) 292-2245**