

*You are cordially invited to attend a workshop
on Emotional Sobriety.*

How NOT to be "Stark Raving Sober"

Engage in the process of Emotional Sobriety
through self-awareness, self-management,
social awareness & relationship management.

Four Great Speakers!!

-Dave W.

-Pat T.

-Corey R.

-Colleen S.

April 26th noon - 3pm

@Crystal Lake Alano Club

36 N. Virginia St.

LET'S PICK UP OUR
SOBRIETY
TOOLS TOGETHER!



Facilitators; Lisa S. and Erica T.

For more Information contact; Erica T@ (815) 347-8434