GreySheeters Anonymous

DECEMBER WORKSHOP

"Facing Life's Challenges.....Abstinently"

A safe forum for open discussion

NAVIGATING THE HOLIDAYS

Feeling alone? Feeling invisible? Stressed out about family? Anxious about food? Come get support...

Sunday, December 6,
12:00-1:30PM*

All are welcome!

Zoom ID: 850 6000 0366
Universal Password

This workshop will provide encouragement, shared experience, and practical tools to help us navigate the holidays while staying abstinent.

For more information
go to the GSA website
https://www.greysheet.org

**Please note the time change. We have moved the workshops 3 hours earlier to accommodate our communities in Europe and beyond. This will be our time going forward*