



# Celebrating a Sober Holiday Season



*"Don't let the past steal your present."*

*- Cherrie L. Morga*

*Insight Psychological Services is happy to present to those in recovery, their families, and loved ones on celebrating a sober season together. Get tips and tools on how to handle the holidays during what is already a stressful time.*

**Open & Free!**

Registration is encouraged but not required

**In Person Event with Refreshments & Resources Tables**

**Thursday, November 10th, 2022 • 6:30pm - 8:00pm**

*For more information please contact Dana Cohen at [Danalmft1@outlook.com](mailto:Danalmft1@outlook.com)*



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