

Navigating Recovery presents a Family Workshop



# Surviving the Holidays

## Self-Care Plan

A workshop focused on getting through the holiday season with as much grace and ease as possible

Sunday 12/03/17

12:00-1:00 pot luck food / fellowship

1:00-2:00 group discussion / creating a holiday self-care plan

2:00-3:00 Let it Go with Creative Recovery pottery



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