

Office Parties Money Worries Family Visits

They can all lead to increased
drinking and partying!

Want to stay in control over the holidays?

**Join a one day Harm Reduction Class and Support Group
And jumpstart your 2017 resolutions**

When: Thursday, December 15, 2016 from 6:30 - 9:00 pm

Where: 315 Broadway, 2nd Fl. (& 4th St.)

Parking, transportation, and light refreshments

These Simple Facts:

Holidays are both exciting and stressful
There are lots of opportunities to overdo it.
Planning ahead can help

Here's How to Avoid Trouble:

Spot the pitfalls at parties
Pinpoint your own unique stresses
Bookmark the solutions you learn in this group for 2017

For more information, call Monica Massaro at 415-863-4282, Ext. 4