



Office Parties Money Worries Family Visits

They can all lead to increased
drinking and partying!

From Thanksgiving to New Years: Harm Reduction for the Holidays

A 4 week Harm Reduction Class and Support Group

Dates: Tuesdays, November 28th, December 5, 12 & 19

Time: 7:00 - 8:30 pm

Where: 45 Franklin St. in San Francisco

FREE!

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 2018

For more information, call Monica Massaro, PsyD at 408-214-9225

