



## *The Healing Work of Emotional Sobriety*

### **Gaining Freedom by Learning Ways to Release Negative Emotions**

Each month, we will learn practical tools to unlock un-serving emotions and long held attitudes from life's challenges and traumas. We will create inner calm, generate gratitude, and practice patience with our process, others, and ourselves as we reduce stress by overcoming the emotional negativity that has held us bound.

#### **DATES AND TOPICS FOR THE FOURTH MONDAY OF THE FOLLOWING MONTHS (\*NOVEMBER & DECEMBER-THIRD MONDAY OF THE MONTH)**

##### **BEGINNING SEPTEMBER 23, 2019/ENDING MAY 25, 2020:**

- SEPTEMBER 30:** FROM FEAR TO COURAGE  
**OCTOBER 28:** FROM ANXIETY & WORRY TO BUILDING INNER CALM  
**\*NOVEMBER 18:** FACING ANGER TO GENERATING COMPASSION  
**\*DECEMBER 16:** FACING LONELINESS TO BUILDING CONNECTION  
**JANUARY 27:** FROM JEALOUSY & ENVY TO BUILDING SELF-ESTEEM  
**FEBRUARY 24:** FROM DEPRESSION TO EXPERIENCING HOPE  
**MARCH 23:** FROM FRUSTRATION & DISAPPOINTMENT TO PATIENCE  
**APRIL 27:** INTEGRATION OF EF WORK WITH 12 STEP WORK  
**MAY 11:** INTEGRATION OF EF WORK WITH 12 STEP WORK

**Presenter:** Grace Conte, Educator, Holistic Health Facilitator & Spiritual Director  
**Location:** Upper Room Spiritual Center 3455 W Bangs Ave., Neptune  
**Time:** 7:00 – 9:00 p.m.  
**Fee:** \$20.00 per session

To register, please call: The Upper Room 732-922-0550 or [office@theupperroom.org](mailto:office@theupperroom.org)