

## Emory FSAP Quarterly Recovery Support Series



*FSAP is offering a series of free, confidential, interactive workshops that are open to Emory University and Emory Healthcare faculty and staff members who are in active recovery from alcohol and other substances. \* Participation provides an opportunity to connect with fellow employees in recovery and strengthen relapse prevention skills throughout the year.*

**Time: Fridays (dates below) from 11:30 a.m. – 1:00 p.m.**

Location: Emory FSAP, 1762 Clifton Rd, Suite 1100

**July 24, 2015 – Stay Cool in Recovery When Your Emotions Heat Up:** This workshop will help you calmly and effectively respond to challenging people, places, and circumstances.

**October 30, 2015 – Safeguard Your Recovery During the Holidays:** This workshop will help you enhance your serenity during an often emotionally demanding season, whether you're facing stressful family/social gatherings, grief or other challenges.

**January 29, 2016 – Rejuvenate Your Recovery for The New Year:** This workshop will help you discover new ways to be proactive in your recovery.

**April 29, 2016 – Recovery Reunion:** This gathering is offered to faculty/staff who have previously participated in Emory recovery-related events to discuss a variety of recovery-related topics.

**\*To register or learn more about this series of workshops, call 404-727-4328 or email [efsap@emory.edu](mailto:efsap@emory.edu). Space is limited.**