



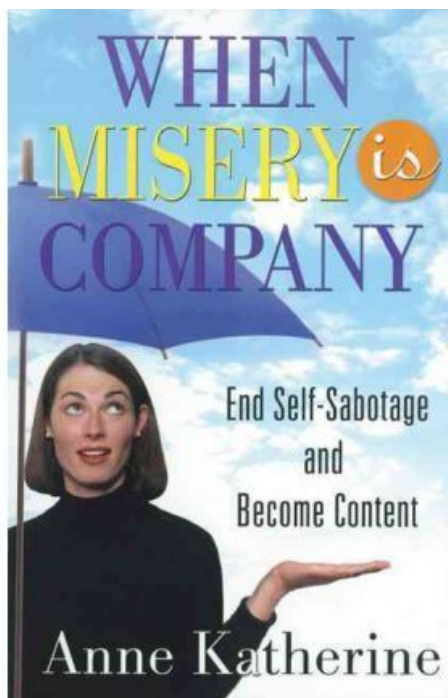
Please join us the  
*1st and 3rd Sunday* of the month  
from 1 to 2:30 PM In room 3

**Is your glass always half empty?  
You may be one of us!**



Why wait? Try one of our conference call meetings today!  
Visit our website [miseryaddicts.org](http://miseryaddicts.org) for details

Please visit our website at: [selfsabotagers.org](http://selfsabotagers.org)



**In addition to face-to-face meetings,**  
we have phone meetings 5 days a week  
with a wide range of schedules so we can  
accommodate almost any need.

**If you have any questions, please join a call.  
We'll be happy to answer them.**

Monday 10:00 AM ET - 9:00 CT - 8:00 MT - 7:00 PT  
Tuesday 10:30 AM ET - 9:30 CT - 8:30 MT - 7:30 PT  
Wednesday 6:30 PM ET - 5:30 CT - 4:30 MT - 3:30 PT  
Thursday 9:00 PM ET - 8:00 CT - 7:00 MT - 6:00 PT  
Saturday 10:0 AM ET - 9:00 CT - 8:00 MT - 7:00 PT

Program inspired by the book  
*When Misery is Company*  
by Anne Katherine

**Phone Number for all meetings: 641-715-0700**  
**Access Code: 849398#**