



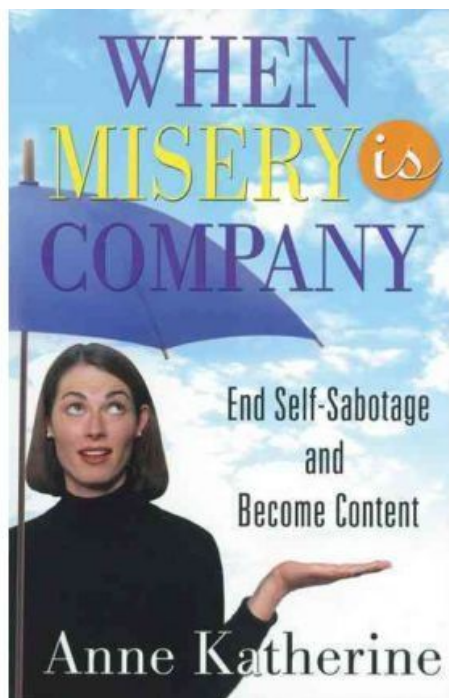
Please join us the
1st and 3rd Sunday of the month
from 1 to 2:30 PM In room 3

**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 for details

Please visit our website at: selfsabotagers.org



In addition to face-to-face meetings,
we have phone meetings 5 days a week
with a wide range of schedules to
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#