



Temple ☆ Emanu-El
A Home, A Family, A Warmth to Tradition

RI Training with Faith

**GAIN TOOLS THAT LEAD TO A MORE
PEACEFUL AND PRODUCTIVE LIFE!**

Where: Temple Emanu-El
6299 Capri Drive
San Diego, CA 92120

When: Seven (7) weeks on Sundays
January 6, 13, 27 and February 3, 10, 17, 24 - 2019
Time: 11:30 am – 1:30 pm No charge

To RSVP for the training, email Donna Lander at donna@teesd.org

Do you want to improve your emotional state and learn to better manage difficult life situations?

Temple Emanu-El is pleased to collaborate with *Recovery International*™ to offer a 7-week series that offers tools and techniques for managing:

- Stress
- Anxiety
- Fatigue
- Sleeplessness
- Fear
- And other difficult situations

Recovery International™ has helped to improve the lives of participants around the world for more than 80 years. In our faith-based setting, this program brings a unique approach to equip you with the tools to respond to a variety of challenging life situations.

Presenter: Lisa Garcia, Project Manager- lisa@recoveryinternational.org

Questions? Call Lisa at (619) 383-2084