

OA Region 7 - Monthly Chair's Roundtable presents:

Practical Tips For Surviving the Holidays



When - November 21st, 2023 [3rd Tuesday]: 7-8:30pm EST

Where - Zoom **895 8996 975**

Note - this is a new code

Please bring your positive holiday coping strategies and questions to our open sharing session. Leader will share E, S, H (Experience, Strength and Hope) and facilitate an open meeting with time for all to discuss this challenging time of year.

Questions - Lee Ann S., smileleann@gmail.com