



**12-STEP RECOVERY PROGRAM**

**THE NEXT STEP TO RECOVERY**

Emotions Anonymous is a twelve-step organization, similar to Alcoholics Anonymous. Our fellowship is composed of people who come together in weekly meetings for the purpose of working toward recovery from emotional difficulties. EA members are from many walks of life and are of diverse ages, economic status, social and educational backgrounds. **The only requirement for membership is a desire to become well emotionally.**

**EMOTIONS ANONYMOUS - CAPACITY TO BE HONEST GROUP**

**8 YEAR ANNIVERSARY CELEBRATION**

***Come join us for food, fellowship and a better understanding!***

**Sunday, April 8th, 2018**

**Name of Group:** The Capacity to Be Honest Group

**Meeting Place/Cafeteria:** Burgess Memorial Hospital, Onawa, Iowa 51040

**Food/Social Time: Soup, Sandwiches and Drinks 5:00 pm (Provided by the Group)**

**Emotions Anonymous Skit: EA DRIVE-THRU 5:15 pm**

**Introduction to Emotions Anonymous/Panel: 5:30 pm**

**Audience Questions to Panel: 6:15 pm**

**Topics Addressed by Panel:** – Lynne, Terri and Dave **EA History, Professional Communities and Personal Recovery.**

*If possible, please respond by calling 712-420-2058 or 712-420-3013 for seating purposes. Thank you!*

**Emotions Anonymous Meetings: When:** Every Sunday (1 hour) 5:30pm - 6:30pm

 **Where:** Burgess Health Center - Conference Room

**For Any Questions, Contact:** Lynne - 712-420-2058, or Terri – 712-420-3013