



INFORMATIONAL ADDICTION SEMINAR

# Facing the Holidays IV



**Thursday, December 5, 2024**  
**9:30 AM - 11:00 AM**  
**Courtyard by Marriott Hartford Cromwell**  
**4 Sebethe Dr, Cromwell, CT 06416**

Join our presenters for an insightful discussion on the challenges people in recovery face during the holiday season. We'll cover important topics such as:

- Dealing with depression
- Alcohol consumption
- Family dynamics
- Navigating the holidays and the unique struggles faced by individuals recently released from prison.

This conversation aims to provide valuable tools and support to help those in recovery experience a holiday free from drugs or alcohol.

Refreshments will be provided for attendees!

Presenters to be announced soon.

To register for this free educational seminar, visit  
[www.middlesexchamber.com](http://www.middlesexchamber.com)