

# Staying **SOBER**

## Through *Life Changes*

**A District 7 Workshop  
Mar 28th, 2:30 - 5:30**

**Stepping Stone Alano Club**

**24508 Lyons Ave, Santa Clarita, CA 91321**

**Hybrid Zoom: 819 0118 8295 PC: 405307**

Life changes don't stop—and sobriety doesn't have to. Career shifts, relationships, health challenges, and loss.

This workshop explores how alcoholics stay sober, connected, and spiritually fit through it all.

### **Who Should Attend:**

- Newcomers
- Long-time Members
- Sponsors and Sponsees
- Any alcoholic experiencing change

Discover practical tools for maintaining sobriety and building resilience. Join us for fellowship, support, and our shared experience.