

SOUTH SHORE RECOVERY CLUB PRESENTS

Guiding Back to Calm and Collective with Jane Salko

June 14 at 2 PM
1199 Generals Highway
Crownsville, MD 21032

All proceeds from this potluck event go directly to paying for our repaired well.



Are you creating obstacles in your life? Do you find yourself comparing, judging, or tracking others? Does someone else's success bother you more than it should? That's not who you are-- it's what has been learned/programmed. Join us to learn how subconscious patterns shape your reactions--and how to step out of them. Come learn Subconscious Integration Theory (SiT™) with Jane Salko.

For more information:

<https://southshorerecoveryclub.com>

Questions? Please send a text message to:
Mary M at 301-325-4719
Garry A at 410-212-8204

If you are unable to attend, please consider purchasing a ticket that will be donated to a newly sober woman living in a local recovery house.

Nervous System States

Nervous System States

Dorsal Shutdown	Ventral Vagal	Sympathetic
Dissociated	Calm Connection	Fight / Flight

Most of what you feel isn't about **right now**.
Your nervous system is constantly shifting between three states: calm connection, survival mode, and shut down.

This conversation will help you recognize what state you're in and guide you back to calm and clarity.

Cost: \$20

Two ways to register

Visit our website:

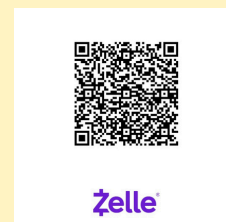
<https://southshorerecoveryclub.com>

CLICK 'DONATE TO GENERAL FUND'

Make a donation on our website and state [for June workshop]

OR

Zelle with QR or 443-254-7385



Zelle