



# SOBER CURIOUS

We explore your relationship with alcohol and other drugs, including:

- Moderation management and harm reduction
- Skill-based practices and group processing
- Psychotherapeutic interventions
- Social, professional, and family culture of drinking

Have you ever asked yourself:

“Is my drinking problematic?”

“Can I stop or moderate my drinking?”

“Why can’t I drink like other people?”

“Can I drink without sabotaging my life?”

**We welcome all stages of sober curiosity.**



## FACILITATORS:



Sabrina Rothschild



Sandra Harris

- Accepting New Members
- Meets virtually
- \$75/session
- Discounts for prepayment
- Easy out-of-network reimbursement

SCAN  
ME!



**Inquire or Register Now:**