



Plan for Success

Before **Difficult Moments**

Join us for solutions at the

VIGOA Workshop:

Triggers & Temptations: Building a Toolbox for Difficult Moments

Date: October 4th

Newcomer Workshop

11am EDT

General Workshop

Triggers & Temptations: Building a Toolbox for Difficult Moments

12pm EDT

Join us by Zoom

Zoom meeting ID: 847 9014 3147

Passcode: 164164

For more information: Contact Kathy T. at 620-660-5357