



**TEAMSTERSCARE**  
**EAP & RECOVERY SERVICES**  
**Support Group**  
**Sisters of Sobriety (S.O.S)**

A women's recovery group for and by union affiliated women. Open to **any female** seeking help with her recovery, or coping with someone else's dependence issues, be it substance, behavior or food.

With a philosophy of **multiple pathways to recovery** and combined with an understanding of the labor industry, women can bring to light the challenges of balancing both.

Where: Remotely via Zoom

When: Weekly, Wednesday Evenings 7:30pm-8:30pm

If interested, or want to learn more, please contact Leslie Russell:

- Email: [leslie\\_russell@teamsterscare.com](mailto:leslie_russell@teamsterscare.com)
- Office phone: 800-851-8326 x102
- Cell: 978-979-5371 (if texting, please include a name in the content)
- Meetings are confidential and are not religiously affiliated