

# Blue Skies



East Bay Recovery Center  
31 Railroad Ave, Warren RI  
7:00 to 8:30 pm Tuesdays

## 1<sup>st</sup> Tuesday - Grief Support

These meetings will launch will draw upon  
A.D.Wolfelt's *Understanding Your Grief*

## 2<sup>nd</sup> Tuesday - Labyrinth Project

Raising public awareness of anxiety management  
with meditative labyrinths

## 3<sup>rd</sup> Tuesday - Families and Friends

Introductions to local caregivers offering  
alternative and complementary care for anxiety

## 4<sup>th</sup> Tuesday - Blue Skies Programming

Blue Skies RI is a local non-profit organization for helping others  
avoid the tragedies of unmanaged anxiety

*Families and Friends with Anxious Loved Ones  
Exploring Anxiety Management Resources*