

# Lessons from Recovery for Navigating a New World

**Tuesday, June 22**

**7:00 pm EDT / 4:00 pm PDT**

**Via Zoom**

**Though we may not realize it, tools and principles for addiction recovery have helped many of us get through the last year of challenges and will be an important foundation moving forward.** From taking life one day at a time to letting go of expectations to realizing the importance of connection, learn how these skills can enhance and bring peace to your life.

*Moderated by*

**Howard Reznick, MSW, LCSW-C**

Senior Manager of Prevention & Wellness  
Jewish Community Services

*Panelists include*

**Sharon Burns Carter, CAC**

Substance Use Outreach Coordinator  
Ruth & Norman Rales Jewish Family Services

**Marla Kaufman**

Executive Director  
Jewish Addiction Awareness Network

**Harriet Rossetto, LCSW**

Founder and Clinical Director  
Beit T'Shuvah & Elaine Breslow Institute

**Free and open to the public.**

**jcsbalt.org/recovery**