



Special Edition - Sample S.O.A.R. Session "Life Happens"



100 Million Ways has been asked several times about who can/should participate in S.O.A.R. Sessions. It's my opinion that anyone could use a S.O.A.R. Session.

S.O.A.R. is an acronym for Supporting Options and Alternatives for Recovery. And while the curriculum is designed to support people challenged by substance use and PTSD, in our world today, so many of us are exposed to the accumulation of traumas that add to the stressors of everyday life. So, we decided to schedule two "sample" S.O.A.R. Sessions - designed for anyone challenged by stress - a chance to experience an **anonymous and facilitated** group session with your peers: friends and supporters of 100 Million Ways. This will be an anonymous forum, driven by the same curriculum and facilitated by the same people as our ten-week programs. **We are calling these two sample sessions, "Life Happens."**

Sample sessions will occur on Thursday, March 2 at 4PM EST and Tuesday, March 7 at 4PM PST (see invitation below).

If you are planning to participate in a Sample Session, a good place to start is to listen to the most recent 100 Million Ways Podcast, Ten minutes on: S.O.A.R. Sessions. Our guests for this podcast are Amy Stocker and Rhoshanda Jones; both Peer Support Specialists at 100 Million Ways. Just click on the S.O.A.R. Sessions logo above.

Please join, you will be impressed.

NO REGISTRATION NECESSARY, JUST SHOW UP.

100MillionWays.Org is inviting you to a scheduled Zoom meeting.

Topic: **Life Happens 1**

Time: **Mar 2, 2023, 04:00 PM Eastern Time (US and Canada)**

Join Meeting (no participant video)

<https://us06web.zoom.us/j/81222546665?pwd=S29iaGpOT2llQ05vQ3o0SGdlQXhadr09>

Meeting ID: 812 2254 6665

Passcode: SOAR

One tap mobile

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+16465588656,,81222546665#,,,*851819# US

Meeting ID: 812 2254 6665

Passcode: 851819

Find your local number: <https://us06web.zoom.us/j/kbBvb66ScP>

100MillionWays.Org is inviting you to a scheduled Zoom meeting.

Topic: **Life Happens 2**

Time: **Mar 7, 2023, 04:00 PM Pacific Time (US and Canada)**

Join Meeting (no participant video)

<https://us06web.zoom.us/j/85407795886?pwd=Sy8zYlZuemthRmdHb3BpSVdWZjAvZz09>

Meeting ID: 854 0779 5886

Passcode: SOAR

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Meeting ID: 854 0779 5886

Passcode: 880552

Find your local number: <https://us06web.zoom.us/j/kbE527ifn>

100 Million Ways Foundation

Committed to safer, smarter, saner approaches to chronic pain, opioid use, stress, PTSD, and quality of life.

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