



The  
**Cornerstone**  
Lancaster



**Emotions**  
**Anonymous**<sup>®</sup>

# **Emotional Health 12 Step Support Group**



**A recovery programme for anyone struggling  
with their emotions.**

**Every fortnight on Thursdays at 7.30pm**

**@ The Cornerstone, Sulyard Street,**

**Lancaster LA1 1PX**

**To find out more, email Simon at  
[simoncornerstonecafe@gmail.com](mailto:simoncornerstonecafe@gmail.com)**

**Or ring: 07916542912 or 07702 092763**



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