



The
Cornerstone
Lancaster

'Moving to Freedom'

How to keep sane in difficult times



Based on the spirituality and practical wisdom of the '12 Steps' we want to offer a space for:

- sharing our anxieties and fears and finding support
- being accepted and cared for as we are
- exploring a path to a more fulfilling and peaceful life

**Come and find out more on Zoom:
Wednesday June 9th, 7.30pm**

For more information and the Zoom details contact
Simon Stewart at: simoncornerstonecafe@gmail.com

Or visit our Cornerstone Community Facebook page
<https://www.facebook.com/groups/1793115127568804>

