

# Blue Skies

## Peer-Support Group for Exploring Anxiety Management Resources

Wednesday, February 21, 2024 at 6:30

Blue Skies Meeting Room  
Giura Memorial Church House  
16 Miller Street, Warren RI  
(across from Imagine Gift Shop and just  
behind the Baptist Church of Warren)

Tommy Joyce, East Bay Recovery  
Center, will open a discussion of the



emerging practice  
of ear acupuncture  
for anxiety.

Based on his  
personal  
experience and  
knowledge of

substance use recovery and prevention  
throughout the state of Rhode Island,  
he will present a patient perspective on  
the innovative practice.

### The Growing Challenge of Anxiety

Anxiety is particularly dangerous  
because it builds in intensity and  
because it is socially contagious. The  
more unmanaged anxious people in our  
community, the more likely that we too  
will become anxious. And the less we

know about managing our own anxiety,  
the more we may negatively impact the  
quality of life for ourselves and others.  
As a community, we really cannot  
recover from or fully prevent things  
that we don't understand. And we  
cannot understand resources available  
to us without talking with those who  
use and practice alternative and  
complementary approaches to anxiety  
management. Our local conversations  
have to start somewhere.

### About Blue Skies



Blue Skies is a non-profit, citizen run  
association dedicated to hosting small  
group explorations of locally available  
anxiety management resources. We  
specifically hope to engage families  
and friends with anxious loved ones,  
but all are welcome.

Please let us know if you may be able  
to join us: [BlueSkiesRI@gmail.com](mailto:BlueSkiesRI@gmail.com)

Your Host, Tom Flanagan

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