

# DISTRICT COUNCIL 16 RECOVERY NIGHT






**THURSDAY  
NOVEMBER 5, 2026**

**“STRONG ENOUGH TO ASK FOR HELP”**

Join us for a night with your Brothers, Sisters, Family and Friends as we share our struggles, successes, and help one another through any mental health or substance abuse issues.



## EVENT DETAILS:

-  **RSVP to James Boster  
(925) 409-1525**
-  **4:30 PM - Dinner Served  
5:30 PM - Program Begins**
-  **7111 Governors Cir.  
Sacramento, CA 95823**

Helping Hand provides training, education, and resource development to help members and their families who are struggling to deal with substance use disorder (SUD), alcoholism, and mental health challenges.

**DINNER - RAFFLE - SWAG**

