



### MEETINGS

Check out our peer-led virtual meetings, available every day of the week.

### MODERATION MANAGEMENT IS:

- A program that meets you where you are
- A shame-free environment
- Non-judgemental
- Non-religious
- Flexible & Realistic



### PRIVATE ONLINE GROUPS

Join our supportive groups on **Facebook** or **NewForm**.

MM is a group of people like you, who want to find a more balanced lifestyle and reduce the effects of too much alcohol.

Our compassionate online communities offer hope and inspiration – we know what you are going through, because we’ve been there.

Visit **moderation.org** for more information.



**MODERATION  
MANAGEMENT™**

# KICKSTART YOUR MODERATION OR ALCOHOL-FREE JOURNEY

Our self-guided courses are designed to give you the tools, confidence, and structure you need to make real and lasting changes.

**Kickstart: Moderation** helps you build (or rebuild) your moderation habits with 30 days of practical tips, proven strategies, and daily guidance to support your goals.

**Kickstart: Zero Proof** is your companion for a 30-day alcohol-free break—perfect for clearing your mind, resetting your body, and gaining clarity on your relationship with alcohol.

Visit [moderationmonth.org](https://www.moderationmonth.org) for more information.



Scan the QR code to receive our FREE e-Book  
“The Steps of Change”



**MODERATION  
MANAGEMENT™**