

WORKSHOPS

WITH ANNALYSE LUCERO, LMFT

In my work as a therapist I have seen the negative impact alcohol has on personal and professional relationships. My message of sober joy is deeply rooted in being present and building connections. Your event will include a workshop on how to create a mocktail that is complex, delicious, and fun. The workshop itself invites connection, communication, and community building.

Each workshop also includes skill building in a specific area of your choosing. The opportunity to grow and develop is endless when creating an inclusive environment for everyone.

Workshop Suggestions



Values-Based
Decision Making



Mindfulness



Work-Life
Balance

25 Participants
+ 1 Mocktail

\$400

25 Participants
+ 2 Mocktails

\$500

*Event is one hour at your location. \$16/\$20 per additional participant.

Annalyse is a licensed marriage and family therapist in New Mexico. She has been featured in Self Magazine, TODAY, Low/No Drinker Magazine, and the Albuquerque Magazine.

She is the owner of 505 Family Therapy and hosts community events at Books on the Bosque.

contact@annalyseluceroft.com | [@aluceroft](https://www.annalyseluceroft.com)
<https://www.annalyseluceroft.com> | 505.234.6262



PAST EVENTS



Mindful Drinking

At this event we sampled Black-Women owned alcohol free brands and explored mindfulness. Participants practiced slowing down and sharing their experience with others.

Poetry + Emotional Processing

Participants made tea-based mocktails and explored the ways writing poetry can help us process emotions.



Functional Mocktails

We explored what it means to be a mindful drinker, how to create mocktails that provide more function to our overall health, and how to decenter alcohol in our lives.