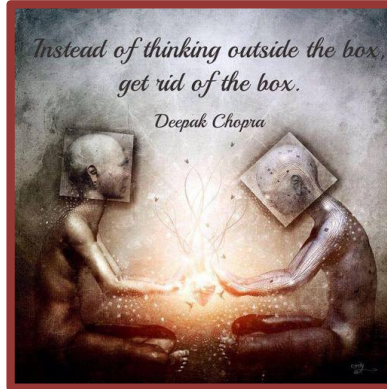




Get Rid of Your Box!!!



Presented by Melinda D

Saturday, Sept 29th, 12- 2 pm @ Cross Community Church 2575 Lone Pine Rd, PBG

Many ACAers used isolation to stay safe as children. Isolation sabotages our adult relationships and keeps us stuck in fear. Connection releases fear.

So then, how do we summon the courage to move through vulnerability and break free from the comfort of our box of isolation?

This workshop will provide a safe space intended to help you gain courage, walk through vulnerability and ultimately connect with Fellow Travelers using specific experiential exercises, video presentations and group processing techniques.

Melinda is a national presenter for ACA and experiential group facilitator currently completing her certification in Addiction Studies. She believes connection is one of the main components to emotional sobriety, and her Fellow Traveler connections enabled her to move more swiftly out of isolation.

For more information call **Melinda** at **561-389-3809**

This is a free event however; the basket will be passed to support the rented space.

Workshop sponsored by the Southeast Florida ACA Intergroup
Your Intergroup provides meeting lists, ACA website and literature discounts
Visit www.SEFLACA.org and sign-up to **"Follow"** the blog for information about upcoming events