



# **Southeast Florida ACA Intergroup**



## **is offering a GUIDED MEDITATION WORKSHOP**

**Guided Meditation is a gentle way of connecting with the Inner Child, the Loving Parent, and the True Parent. Recommended in the Big Red Book, meditation is a healing tool for recovery and healing.**

**This workshop will include a brief introduction to guided meditation for those who may be attending for the first time. All are welcome.**

**This ACA Workshop is presented by fellow traveler,  
Julia Daniels, LMHC, LMT, MCAP, & Certified Hypnotherapist**

**WHEN: Sat., Nov. 3, 2018 from 1:30-3:30pm**

**WHERE: First Unitarian Church, 635 Prosperity Farms Rd., North Palm Beach (Between Northlake Blvd & PGA Blvd.) The Building is on the south side of the parking lot.**

**THERE IS NO CHARGE FOR THIS EVENT, HOWEVER, THE BASKET WILL BE PASSED.**

**For more info: Julia D. 561.371.8297**

This event is sponsored by the Southeast Florida ACA Intergroup. Your Intergroup provides you with meeting lists, ACA website and literature discounts.  
If you would like to keep up-to-date on Intergroup events, go to the website: [www.seflaca.org](http://www.seflaca.org) and sign-in to "Follow" the blog.

