



South East Florida ACA Intergroup Workshop Series



# The Art of Letting Go!!



Presented by Patty B

**Saturday, January 26th, 2019 - 1:30 pm – 3:30 pm**

**First Unitarian Church, 635 Prosperity Farms Rd., North Palm Beach**

**Adult Children experience unmanageability when attempting to:  
Control, Manipulate, or Hold On to People, Places and/or Things.**

**Through Guided Meditation, Journaling & Experiential Processes,  
the Art of Letting Go Workshop will help you:**

**Identify areas/issues you are attempting to control**

**Learn the practice of Letting Go**

**Become comfortable with Letting Go**

**Ultimately Let Go of one current frustration**

**\*\*\*Please bring your own Writing Pad and Pen or Pencil\*\*\***

Patty B is a Fellow Traveler, Life Skills Coach, Educator and Group Facilitator. She provides a safe, loving and direct approach to guiding clients to wholeness and self-love. Her life's passions are learning, bridging, practicing and aligning spiritual principles with psychology, metaphysics, neuroscience, and meditation.

**For more information call or text Patty at 561-541-9222 or email [pattybrick@outlook.com](mailto:pattybrick@outlook.com)**

This is a free event; however, the basket will be passed to help support the rented space and Intergroup. Event sponsored by the Southeast Florida ACA Intergroup. Visit [www.seflaca.org](http://www.seflaca.org) and sign-up to "Follow" the blog for information about upcoming events.