

A close-up photograph of a person wearing a bright yellow jacket, sitting at a desk and writing in an open notebook with a black pen. The person's hands are the central focus, with the right hand holding the pen and the left hand resting on the notebook. The notebook pages are filled with handwritten text. The background is softly blurred, showing more of the person's jacket and the desk surface.

**A HEALING
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JOURNAL-MAKING EVENT NOV 16 2019 1-4PM

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Fairbanks Hospital 8102 Clearvista Pkwy 46256 Rm 158
Hosted by InRecovery Intergroup of Adult Children of Alcoholics