

Healing for the Holidays 2020

When: Sunday, December 6th from 10 am to 12 pm (Pacific Time)

Where: Online in Google Meet

Click this link: <https://meet.google.com/gxg-nzja-tpk>

Or open Meet and enter this code: gxg-nzja-tpk

Secretary: Michael H, Oakland CA

Event Description:

The holidays can be especially difficult for ACA's. By joining together to share our experience, strength, and hope, we can continue the work of moving from hurting to healing to helping. In this event we will specifically take time to write letters from our Inner Child to our adult selves and from our Inner Loving Parent to our Inner Child. We will

- begin with some of our foundational readings
- break to focus on writing
- reconvene to share

In doing so, we break the cycle of dysfunction by feeling, talking, and trusting one another and the process.

Attendance limited to 20.

Contact Michael H at blozzom2@gmail.com to RSVP