

Healing for the Holidays 2020

When: Sunday, December 19th from 4pm to 6 pm (Pacific Time)

Where: Online

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 12.

Contact Michael H at blozzom2@gmail.com to RSVP