

An illustration of several children sitting on the floor, engaged in various creative activities. One child is drawing a sun, another is coloring a heart, and others are using markers and crayons. The scene is bright and colorful, representing a workshop environment.

Inner Family Workshop “Inviting Our Loving Parent into the Driver’s Seat”

In this workshop besides our readings we will use collages, writing with our non-dominant hand, some dominant handwriting, drawing, scribbling, doodling, coloring and meditation to connect with our Inner Family members while seeking our connection with a Higher Power to guide us through this process.

Please have your picture from when you were a child, blank paper, pencils, crayons, scissors, cutouts of old magazines, and glue to do exercises with your Inner Child to scribble/doodle/draw/create a collage/write letters, affirmations or feeling words.

The ACoA Experience is inviting you to a scheduled Zoom meeting.
Topic: **Inner Family Workshop - "Inviting Our Loving Parent into the Driver’s Seat”**
Time: **July 26th, 2022** from 9am to 12pm CEST- 8am WEST - 12:30pm IST - 16:30pm
ACST/ACDT 15pm AWST

Registration Link:

<https://us02web.zoom.us/join/82610292496>

Meeting ID: 826 1029 2496

Passcode: **TrueSelf**

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Feel free to spread the ACA message