



## 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 & teenager, blank paper, pencils, crayons, scissors, cutouts of old magazines, and glue to do exercises with our inner family members to scribble/doodle/draw/create a collage/write letters, affirmations or feeling words.*

**The ACoA Experience, Strength & Hope** is inviting you to a scheduled Zoom meeting.  
Topic: **Inner Family Workshop - "Inviting Our Loving Parent into the Driver’s Seat”**  
Time: **August 23th, 2022** from 7pm to 10pm CEST- 1pm EDT - 10am PDT - 11am MDT

Registration Link:

<https://us06web.zoom.us/meeting/register/tZEqdOqhpz4tG91neiNquKTtmweXuQbcXkbs>

Meeting ID: 857 3399 5719

Passcode: **Unity**

**#WEB0673 - The ACoA Experience, Strength & Hope**

Feel free to spread the ACA message