



## Monthly ACA Zoom Workshop January: Non-dominant Hand Writing

WHY THIS WORKSHOP: Non-dominant hand writing is mentioned in the Big Red Book and the Loving Parent Guidebook as a method for making contact with one's inner family. By coming together via Zoom and setting aside an hour to experience non-dominant hand writing personally, we can evaluate whether the method is useful to us and our recovery goals.

WHEN:

Sat, 01/28/2023 (10am – 11am Eastern) (Same content  
Sun, 01/29/2023 (11am - Noon Eastern) each day)

Here's a Link to convert to your local time:

<https://24timezones.com/difference/boston/>

HOW TO ATTEND:

Go to:

Link: [zoom.us/join](https://zoom.us/join)  
Mtg ID: 876 3727 1485  
Passcode: <none>

Or click: <https://bit.ly/aca-massig-workshop-ndh>

This event is sponsored by the ACA Mass Intergroup.  
A list weekly ACA meetings in MA can be found at: [acamassintergroup.org](https://acamassintergroup.org)

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