



A Fourth Possibility

Completing the Recovery Process

We are glad to invite you to our new workshop **“A Fourth Possibility – Completing the Recovery Process”**. Hosted by The ACoA Experience, Strength & Hope – #WEB0673.

- **Time:** Apr 22, 2023 03:00 PM Brussels
- **Zoom ID:** 840 3370 6322
- **Passcode:** LOVE

In this workshop, we will explore the drama triangle dynamic and learn to develop a deeper and more loving connection with all our Inner Family members.

Besides our ACA readings, we will use collages, writing with our non-dominant hand, some dominant handwriting, drawing, scribbling, doodling, coloring, and meditation to find our Inner Child 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.

