



ACA Recovery & Our Mental Health

Zoom ID: 805 888 1234

Passcode: Healing

Fridays, 6:00-7:00 PM Pacific Time on:

****Audio for each session will be recorded and then posted to our ACA Healing Fellowship YouTube and Facebook!**

- **Aug 25th - Alison on PTSD**
- **Sep 8th - Lisa on Depression & Anxiety**
- **Sep 22nd - Tom on Dissociation vs Body**
- **Oct 6th - Linda on Boundaries**
- **Oct 20th - Abbe on Unmanageability**
- **Nov 3rd - Jules on Emotional Eating**

