



# A Fourth Possibility

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Completing the Recovery Process

*We are glad to invite you to our inner family workshop.*

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***“A Fourth Possibility – Completing the Recovery Process”.***

hosted by The ACoA Experience, Strength & Hope – #WEB0673.

- **Time:** Dec 25, 2023, 04:00 PM Brussels – 10am ET – 3pm GMT – 8am MT – 7am PT
- **Zoom ID:** 898 8515 4960
- **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, colouring, 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 Family to scribble/doodle/draw/create a collage/write letters, affirmations or feeling words.*

*Brought to you by*

