



**WHOLE,  
HEALTHY,  
SANE  
& SAFE**

# *A Fourth Possibility*

Completing the Recovery Process

*Dear ACA fellow traveler,*

*We will be presenting a revised version of the workshop “A Fourth Possibility – Completing the Recovery Process” during the 4<sup>th</sup> Anniversary Celebrations of the Strengthening My Recovery meeting, #WEB0120*

*Through this workshop, participants will explore the drama triangle dynamic and gain a deeper and more loving understanding of their 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 connect with our Inner Family members while seeking a connection with a Higher Power to guide us through this process.*

*A few things you might want to gather before the workshop that can help your Inner Child(ren) feel safe or creative: a picture of you as a kid, blank paper, pencils, crayons, scissors, old magazine cutouts, glue to scribble/doodle/draw/create a collage/write letters, affirmations or feeling words, blanket, stuffed animal, etc.*

*We'd love to have you join us if this speaks to you.*

*This is when and where we'll meet to share our Experience, Strength, and Hope:*

- **Time:** March 23, 2024, @ 4pm Brussels, 11am ET, 8am PT, 9am MT, 8:30pm India
- **Duration:** 120mins
- **Zoom ID:** 886 8839 0978
- **No password needed**

