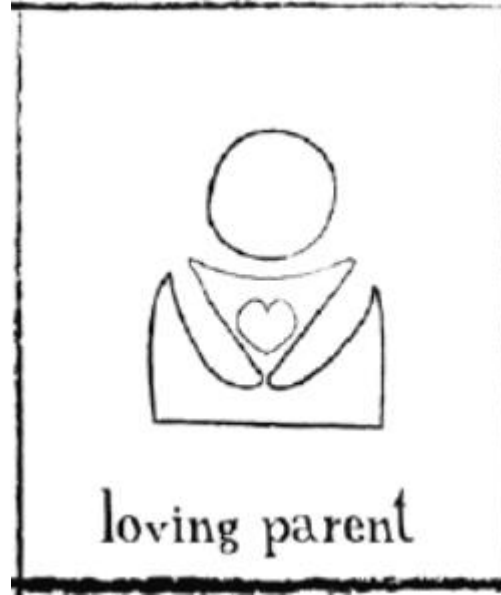




**WHOLE,
HEALTHY,
SANE
& SAFE**

A Fourth Possibility

Completing the Recovery Process

Dear ACA Fellow Traveler,

We warmly invite you to join us for the upcoming workshop: **“A Fourth Possibility – Completing the Recovery Process”**.

This workshop is designed to be a space of healing and discovery, where we explore the dynamics of the Drama Triangle and deepen our understanding of our Inner Family members - both within ourselves and in our relationships with others. As we journey together, we will explore how to break free from old patterns and create new possibilities for growth and connection.

In addition to ACA readings, we'll engage in creative and healing activities, including collage-making, writing with our non-dominant hand, journaling, drawing, coloring, and even meditation. These tools help us connect more deeply with our Inner Family members, while also inviting the guidance of a Higher Power to support us along the way.

We're honored to have several guest speakers joining us, who will share their wisdom and personal experiences to inspire and uplift us on this journey. Their stories of courage and transformation will be woven throughout our time together, helping us all feel more connected and supported in our recovery process.

Before the workshop, you might want to gather a few items to help create a safe, nurturing space for your Inner Child(ren) to feel free to express themselves: a childhood photo, blank paper, pencils, crayons, scissors, old magazines for collage-making, glue, and anything that makes you feel cozy - perhaps a blanket or a stuffed animal. These simple materials will help you tap into your creativity and allow your healing process to unfold naturally.

We'd love to have you join us if this speaks to your heart. Together, we will share our experience, strength, and hope in a spirit of love and compassion.

Here's when and where we'll meet:

Time: December 21, 2024, @ 4pm Brussels, 3pm GMT/UK, 10am ET, 7am PT, 8am MT

Duration: 3 hours

Registration link: https://zoom.us/meeting/register/tJYqcOyurj8pHNbdapZhiqrZa1oNP4Rx_oU0

Zoom ID: 927 7560 4362

Passcode: LOVE

With warmest wishes,

Fearless Souls – Adult Children in Recovery * ACA Intergroup 754

