



ACA Monterey Bay Intergroup

presents

NONDOMINANT HANDWRITING WORKSHOP

An opportunity to connect to your inner child/children



An In-Person Event

Resource Center for Nonviolence

Community Room

612 Ocean Street

Santa Cruz, CA. 95060

August 19th, 2023

2-3:30 PM

- Doors open at 1:45 and will be closed at 2:05. This is to avoid distractions during the workshop. Please plan on arriving on time
- Parking is limited. Carpooling is recommended
- Bring your own snacks

Art supplies (pencils, crayons and paper) will be provided. You are welcome to bring your own supplies

Guided readings and exercise from the Loving Parent Guidebook.

Guided meditation

Non-dominant handwriting instruction with prompts to help access the inner child / children

Sharing, affirmations and fellowship