

ACA Monterey Bay Intergroup

presents

Becoming Your Own Ally

Exploring Fierce Self-Compassion on the ACA Journey

Workshop Focus

Explore how self-compassion can help you heal from the effects of growing up in a family with alcoholism and dysfunction.

Learn practical tools to quiet the inner critic, build self-trust, and nurture the loving parent within.

You will learn

Understand the impact of growing up in an alcoholic or dysfunctional family

Strengthen your sense of self

Learn self-compassion practices

Connect with the ACA community

DATE

Sunday

November 15

2:00PM - 4:00PM

Location

Tres Pueblos
VFW Hall

2259 7th Ave

Santa Cruz,
CA. 95062

All are welcome

Come for

- Connection
- Growth
- Hope