

Recovery From Relapse Workshop



Hear from 3 speakers,
recommit to your
program, learn
healthy tools

- ❖ What foods and food behaviors trigger me to eat compulsively?
- ❖ Am I afraid to get abstinent and why?
- ❖ What Steps do I take to remain abstinent in all circumstances?
- ❖ How does abstinence improve the quality of my life?
- ❖ What program are you working, recovery or relapse?
- ❖ Understand powerlessness

DATE: Sunday, March 26, 2017

TIME: 2:00 - 4:00 PM

LOCATION: OA Office, 20121 Ventura Blvd, #315, Woodland Hills

BRING: Writing Materials (pen/pencil, writing paper/journal)

COST: Free (We will practice the 7th Tradition)

FOR MORE INFO: Email workshops@oasfvalley.org or
Call Julie G. (310) 467-3433 or Jessica F. (626) 224-4290