

CONNECTING WITH YOUR INNER CHILD WORKSHOP

Adult Children of Alcoholics & Dysfunctional Families
Milford - Road to Recovery Group

Sunday, May 19th
1pm - 5pm

United Church of Christ - Devon
Church Hall
30 Ormond St.
Milford, CT 06461

WORKSHOP SCHEDULE

1-2pm Speaker Meeting
2-3pm Big Red Book Study
3-4pm Inner Child Exercises
4-5pm Meditation & Sound Healing

Bring lunch and a blanket and/or yoga mat for meditation.

