

Request for Workshop Facilitators

If you are using a tool in recovery that helps address emotional triggers please consider sharing it by facilitating a workshop at Super Seminar Saturday.

Please see the logistical details below.

Please reach out to Nancy Y. at 619-787-5748.

Super Seminar Saturday Taming Our Triggers

*Recovery Tools to Support Acknowledging, Honoring
and Healing our Emotional Triggers*

Date: Saturday, October 19, 2024

Time: 10am - 3pm

*Location: Saint John's Episcopal Church
760 1st Ave.
Chula Vista, CA 91910*

*Lunch Entree, drinks, and paper products
provided by the community.*

Potluck Sides and Desserts