



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

Suggested 7th Tradition: \$10

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

Attendees Please Bring a Side or Dessert to Share

Any questions? You can email Nancy Y at nyamagata@att.net.

Schedule

9:30am	Registration
10:00am	Opening
10:15am	Cultivating Compassion: Tools for Emotional Resilience
11:15am	HOW TO...Find Balance When I Get Triggered
12:15pm	Lunch Fellowship
1:00pm	Alyssa's Story (Keynote Speaker)
2:00pm	Three Letter Writing Tool
2:50pm	Closing
3:00pm	Clean Up

I stand in my truth and maintain my integrity, whether others approve or not, even if it means making difficult changes in my life. (Taken from "Recovery Patterns of Codependence")