

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, R CA 91910

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

Attendees Please Bring a Side or Dessert

Tentative Schedule

9:30am registration

10:00 am - 10:45 Workshop 1

11:00 am - 11:45 Workshop 2

12:00-1:00pm Lunch Fellowship

1:00 - 1:45pm Keynote Speaker

2:00 - 2:45 pm Workshop 3

2:45 - 3:00 pm Closing

3:00 - 4:00 pm Clean Up