



# RECOVERY BY ANY MEANS NECESSARY

Sat. October 28th, 2017

St. Patrick's Episcopal Church, 1 Church Rd. Thousand Oaks CA 91360

Coffee and snacks will be available at 830am, so come early and fellowship  
The workshop will start at 900am and end at 1200pm.

Featured presenters will discuss their experiences in recovery, including spirituality, talk therapy and other 12-step-based and related recovery environments.

## Topics:

- Psychotherapy as a potential part of recovery
  - Is there shaming in AA?
- Prescription medications in sobriety/AA
- Did you grow up with dysfunction or alcoholism?
  - Spirituality with and without God
  - Loss and grief as challenges to sobriety
  - Surrender

If you would like to be involved in assisting the workshop,  
please contact Mike K. at 818.406.1300

A \$5 donation at the door is very much appreciated, but is NOT mandatory ...do not feel obligated, instead feel grateful!