

Santa Barbara ACA Workshop

Saturday, July 12, 2014, from 10 am – 5 pm

Trinity Lutheran Church, Fellowship Hall

909 N. La Cumbre Road (at Foothill Road), Santa Barbara, 93110

Workshop Schedule

9:30 – 10 Set-up

10 – 10:30 Sign-in & Social

10:30 – 12 First Step Elephant Training

Laundry List effects of family dysfunction & defining powerlessness & learned helplessness, tools of recovery to understand how we help ourselves, the solution of being our own loving parent, and discovery of our personal power.

12 – 1 Potluck Lunch

1 – 2:30 Breaking the Pattern of Victim Mentality

Living from the viewpoint of victims, ways to shift into accepting life on life's terms, how the inner loving parent helps in how I see the world through the conditioned lens of my childhood, and waking from imprisoning beliefs that color my mental stories.

2:30 – 3 Break

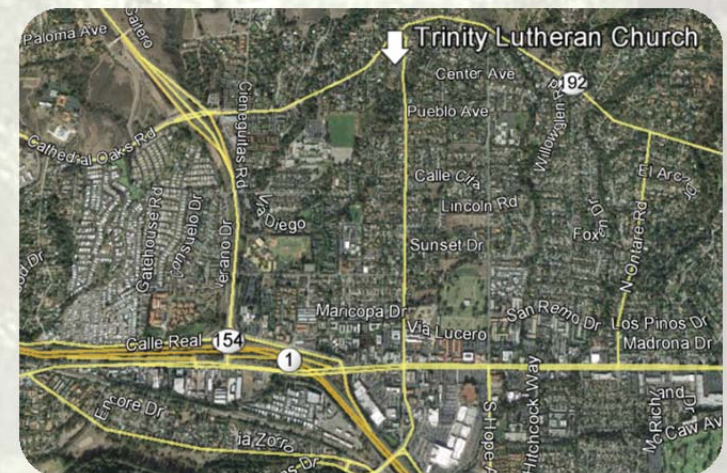
3 – 4:30 The ACA Solution and Promises

How the Solution prompts shifts in how we relate to life and experience gratitude, and how we practice making the Promises come true in our lives.

4:30 – 5 Closing

5 – 6 Social & Clean-up

6:30 Restaurant Dinner; Location TBD



Nancy M., who was a workshop leader at the 2014 ACA World Convention, will be traveling from Las Vegas to lead our SB-ACA workshop. There is no fee for this workshop. All ACA members, newcomers, and anyone interested in ACA recovery are welcomed to attend. Please bring a potluck lunch item, writing materials, and a donation to help with venue rent & supplies.