

2023

SOUTHWEST TEXAS ACA INTERGROUP

WORKSHOP



28 January 2023
08:30 AM to 12:00PM



RE-SET YOUR BUTTONS: HEALTHIER SELF-CARE

SCHEDULE

NEUROSCIENCE OF FOO

Explore how the brain developments networks for thinking, feeling, & behavior patterns.

LIVED EXPERIENCE

Listen to fellow travelers share their experience of healing from FOO wounds.

BUILDING NEW NETWORKS

Understand to move subconscious reactions into conscious, healing actions.

THE SPEAKERS

Crystal Collier
Speaker



Janet D
Fellow Traveler



Stuart M
Fellow Traveler



REGISTRATION OPENS AT 8AM

Chapelwood United Methodist Church

<https://www.eventcreate.com/e/resetyourbuttons>



**Southeast Texas
ACA Intergroup**

WORKSHOP SCHEDULE

8:00AM	REGISTRATION
8:30AM	OPENING ANNOUNCEMENTS & INTRODUCTIONS
8:35AM	NEUROSCIENCE OF FOO
9:10AM	FELLOW TRAVELER SHARE
9:30AM	BREAK
9:45AM	GUIDED IMAGERY & FOO MAP EXERCISE
10:30AM	PARTICIPANT SHARING
10:50AM	BUILDING NEW NEURAL NETWORKS FOR HEALTHIER COPING
11:30AM	FELLOW TRAVELER SHARE
11:50AM	CLOSING GUIDED IMAGERY & COMMENTS