

ALTERNATIVE FORMAT MEETINGS (AFM VE) GROUP OUTREACH COMMITTEE PRESENTS...



TOOLS FOR RECOVERY: TRIGGERS, BOUNDARIES AND ME WORKSHOP



**Sunday, June 1st at
9am PST/12pm EST/5pm UK/6pm CET**



**Teddy bears welcome-inner child
work in progress!**



**The workshop is limited to 100 members.
Reserve your spot soon via Eventbrite!**

<https://triggersboundariesandmeworkshop.eventbrite.com>

FREE