

Sunday's ACA Twelve Step recovery group invites you to view John Bradshaw programs on re-parenting your inner child. The purpose is to recognize these "inner child blocks" that prevent a happy and free adult life, which then aids in one's working the Twelve-Steps. These tapes help us identify the source for behaviors and ideas that we need to change.



John Bradshaw

2nd set of programs on
healing the wounded inner child

January 24 - March 28, 2010

5:30 pm

Women's Resource Center
125 3rd St. NE
Hickory, NC 28601

Each Sunday afternoon, we will view one tape - about one hour in length. There should be enough time to process the "lecture" before the regular ACA meeting at 7:00 pm. Attending the ACA meeting is optional, of course. The 2nd series we'll be watching is called Homecoming: Reclaiming And Championing Your Inner Child.

The 10 sessions focus on:

1. Dysfunctional Families Create A "Wounded" Inner Child
2. Reconnecting With The Original Pain & Abandonment
3. Reclaiming Your Infant Self
4. Reclaiming Your Toddler Self
5. Reclaiming Your Pre-School Self
6. Reclaiming Your School-Age Self
7. Giving Yourself A New Childhood
8. Supplying Unmet Needs - Choosing A New Family
9. The Authentic Self Emerges
10. Spiritual Aspects Of The Inner Child

After this series, the group plans to return to studying the ACA Big Red Book, alternating with each Bradshaw series.

For more information, contact
Rick H. @ 828-640-5709

Sunday's ACA Twelve Step recovery group invites you to view John Bradshaw programs on re-parenting your inner child. The purpose is to recognize these "inner child blocks" that prevent a happy and free adult life, which then aids in one's working the Twelve-Steps. These tapes help us identify the source for behaviors and ideas that we need to change.



John Bradshaw

2nd set of programs on
healing the wounded inner child

January 24 - March 28, 2010

5:30 pm

Women's Resource Center
125 3rd St. NE
Hickory, NC 28601

Each Sunday afternoon, we will view one tape - about one hour in length. There should be enough time to process the "lecture" before the regular ACA meeting at 7:00 pm. Attending the ACA meeting is optional, of course. The 2nd series we'll be watching is called Homecoming: Reclaiming And Championing Your Inner Child.

The 10 sessions focus on:

1. Dysfunctional Families Create A "Wounded" Inner Child
2. Reconnecting With The Original Pain & Abandonment
3. Reclaiming Your Infant Self
4. Reclaiming Your Toddler Self
5. Reclaiming Your Pre-School Self
6. Reclaiming Your School-Age Self
7. Giving Yourself A New Childhood
8. Supplying Unmet Needs - Choosing A New Family
9. The Authentic Self Emerges
10. Spiritual Aspects Of The Inner Child

After this series, the group plans to return to studying the ACA Big Red Book, alternating with each Bradshaw series.

For more information, contact
Rick H. @ 828-640-5709

Sunday's ACA Twelve Step recovery group invites you to view John Bradshaw programs on re-parenting your inner child. The purpose is to recognize these "inner child blocks" that prevent a happy and free adult life, which then aids in one's working the Twelve-Steps. These tapes help us identify the source for behaviors and ideas that we need to change.



John Bradshaw

2nd set of programs on
healing the wounded inner child

January 24 - March 28, 2010

5:30 pm

Women's Resource Center
125 3rd St. NE
Hickory, NC 28601

Each Sunday afternoon, we will view one tape - about one hour in length. There should be enough time to process the "lecture" before the regular ACA meeting at 7:00 pm. Attending the ACA meeting is optional, of course. The 2nd series we'll be watching is called Homecoming: Reclaiming And Championing Your Inner Child.

The 10 sessions focus on:

1. Dysfunctional Families Create A "Wounded" Inner Child
2. Reconnecting With The Original Pain & Abandonment
3. Reclaiming Your Infant Self
4. Reclaiming Your Toddler Self
5. Reclaiming Your Pre-School Self
6. Reclaiming Your School-Age Self
7. Giving Yourself A New Childhood
8. Supplying Unmet Needs - Choosing A New Family
9. The Authentic Self Emerges
10. Spiritual Aspects Of The Inner Child

After this series, the group plans to return to studying the ACA Big Red Book, alternating with each Bradshaw series.

For more information, contact
Rick H. @ 828-640-5709