

# Women's Recovery Workshop

Thursday Evenings 7-8:30 pm



**The Women's Recovery Workshop is designed to assist women  
with various recovery related issues.**

**Topics will include:**

**Relapse \* Codependency \* Cross Addiction**

**Stress \* Fear \* Health and Wellness**

**Anxiety \* Depression \* Anger and Resentment**

**Communication \* ... as well as others**

Each session is \$20. and will include education and group process.

This is an ongoing workshop, consecutive attendance is not required.

For more information

Contact Diana Taylor CADC I at 858.279.1223

Workshops held at 2120 Thibodo Rd., Suite 230, Vista, CA 92081 - 78 fwy. & Sycamore Ave.