



*Adult children of Alcoholics and  
Dysfunctional Families*

## ***Workshop Announcement***

### ***“Capable, Confident, You”***

*This 2-hour workshop will center on breaking down barriers to better health, locked, and blocked feelings. Emphasis will be on improving self-esteem and developing the sense of wholeness and worth we were born with.*

***Presenter: Trish***

***When: Saturday, June 4, 2022***

***Time: 2:30 – 4:30 PM***

***Where: St. Luke’s Episcopal Church***

***120 SW Towle Rd., Gresham, OR. 97080***

***This is a “no-cost” event. Snacks and beverages provided.***

***Sponsored by: “Action coming From Love” group***

***For information contact: Tim P: 503-307-5203***

***We need your support! Please announce in your group***