

WORKSHOP: WRITING FOR RECOVERY

Awakening Honesty, Healing, and Spiritual Connection

Are you ready to embark on a journey of self-discovery and recovery? Join this workshop where you'll learn how writing can be a powerful tool in your healing process. Overeaters Anonymous (OA) events are open to anyone who has a desire to stop eating compulsively. Newcomers are welcome!



AGENDA

- Learn the value of journaling
- Try out writing in a safe environment
- Write a two-way prayer to your higher power
- Share the experience with others



Sunday, June 22, 2025
2 PM - 3:30 PM

Followed by fellowship



Wheaton Community
Recreation Center Art Room
11701 Georgia Avenue
Silver Spring, MD 20902



Wheaton Metro Station,
Red Line
Free also parking available

Need more information? Visit oa-dcmetro.org.

