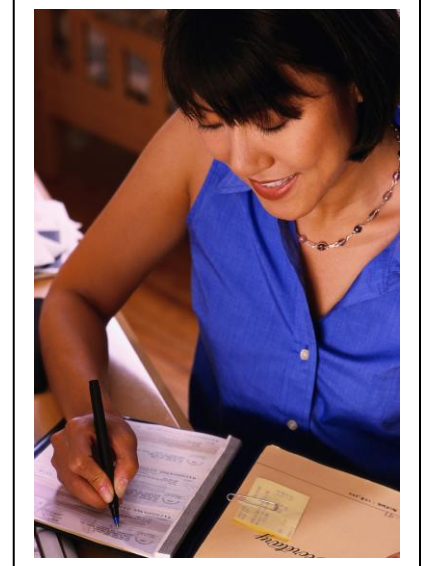


Writing for Recovery



Explore your inner landscape!
Share with other recovering women!
No criticism, just encouragement.

Saturday Sept. 3 & 17, 2 - 3:30

**Every 1st and 3rd Saturday
at Washtenaw Alano Club**

Facilitated by Julie Mariouw

Cost: \$1.50 per session

Financial aid available upon request

This is an ongoing group. Attendance at every session is *not* required

For more information or to register, email
juliemariouw@comcast.net or info@a2womensgroup.org

Coordinated by the Ann Arbor Women's Group (A2WG)

A2WG is a 501(c)3 non-profit corporation that creates opportunities for women recovering from alcohol and drug addiction to develop and sustain a healthy, sober lifestyle.

Website: www.a2womensgroup.org

A Note from Julie M. “Writing for Recovery” Group Facilitator

The goal of the group is to facilitate personal growth through writing. The group will focus on the *content* of the writing rather than the *style* or *technique*.

As the group facilitator, it is my job to keep things positive and create an atmosphere of acceptance and encouragement. I envision the process as similar to the spirit of an AA meeting, where people are respectful of each other's space, listen while another shares, and do not discuss with others what they have heard in the group.

Participants are encouraged to write every day and to choose a passage from their writing to share with the group. Sharing is not mandatory, but suggested.

At the beginning of each group I will share a passage from my own writing. I will talk about why I chose this passage, what it has taught me about myself, and how it has helped me move forward in my recovery. I will then ask people if they have comments or questions.

One person at a time will follow the same process. Participants are encouraged to speak about themselves and their reactions to what was read.

Note: This is not a therapy group. If you are getting into painful personal issues, you might need to find additional support.