

The Renfrew Center's FREE Alumni Winter Workshop

Relational Recharge: Cultivating Connection This Winter

With Winter comes chiller temperatures and shorter days, making it harder to spend time with others. Our instincts may lead us to hibernate, but it is so important to also nurture our social connections. Join us for a **FREE** interactive and supportive workshop to help you reenergize in your recovery this Winter season.

In-Person Workshops Hosted At The Renfrew Centers of:

Tuesday, February 11th:

Baltimore, MD	Philadelphia -
Bethesda, MD	Center City, PA
Mount Laurel, NJ	Pittsburgh, PA
New York City, NY	Radnor, PA
Paramus, NJ	



Wednesday, February 12th:

Atlanta, GA	Charlotte, NC
Boston, MA	Orlando, FL

All workshops held from 6:00 pm - 8:00 pm.

Virtual Workshop Dates & Times:

Tuesday, February 11th:

6:00 pm - 8:00 pm (EST)

Wednesday, February 12th:

6:00 pm - 8:00 pm (CST)



Held online via Zoom.

Attendees will need access to wi-fi,
and a device with a camera,
microphone and audio capabilities.

Attendees will:

- Discuss the importance of relationships in life, and how they impact our wellbeing.
- Explore past experiences with relationships as well as current relationships we're engaged in.
- Discover what makes relationships healthy and supportive.
- Build on existing healthy relationships while forming new ones this Winter.



REGISTER NOW: renfrewcenter.com/events

For questions about this event,
please contact alumni@renfrewcenter.com.




The
Renfrew Center
FIRST IN EATING DISORDERS
CELEBRATING 40 YEARS