

The Renfrew Center's Fall Alumni Workshop

Turning Leaves, Turning Pages:

Writing a New Chapter in Recovery



As the leaves begin to change color and fall away, we can be reminded of the natural process of letting go of the old to make way for the new. This process of loss and growth is essential in nature and in our continued recovery. The Renfrew Center invites you to join us for an interactive workshop where we will explore these changes in life and recovery, and how we can continue to use our skills to tolerate them and improve our emotional wellbeing.

In-Person Workshops Hosted At The Renfrew Centers of:

Tuesday, October 21st:

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

Wednesday, October 22nd:

Atlanta, GA	Nashville, TN
Charlotte, NC	Orlando, FL

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



Virtual Workshop Dates & Times:

Tuesday, October 21st:

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

Wednesday, October 22nd:

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



Held online via Zoom.

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

Attendees will:

- Join together with staff and fellow alumni to process and reflect on the changes and growth they have experienced in their recovery and in their life, as well as what has helped them tolerate change.
- Participate in an expressive activity to explore further their personal experience with change and growth.
- Leave with takeaways on how to continue cultivating self-assurance, connection, and growth in times of change.

All alumni are welcome to attend an in-person or virtual workshop.



REGISTER NOW: renfrewcenter.com/events

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

