



Carrying the Past:

HOW MYTHS SHOW UP IN RECOVERY – AND HOW TO LET THEM GO

Experiences from our past stay with us – we can't erase them, but we can better understand the beliefs we've formed and how they shape our present. In this workshop, alumni will come together to explore the myths and messages from their pasts that continue to influence their recovery today. Participants will learn how these messages become internalized and how to recognize and respond to them differently, with greater flexibility and intention.

Attendees will:

- Connect with Renfrew staff and others on their recovery journey.
- Receive education on exploring how past myths continue to show up in the present.
- Participate in an expressive activity to explore the impact of the past on the present.
- Review the skills and tools to respond in ways that support recovery.

Tuesday, February 24, 2026

Held at The Renfrew Centers of:

Baltimore, MD	Paramus, NJ
Bethesda, MD	New York, NY
Boston, MA	Pittsburgh, PA
Center City, PA	Virtual Option

Wednesday, February 25, 2026

Held at The Renfrew Centers of:

Atlanta, GA	Nashville, TN
Charlotte, NC	Orlando, FL
Coconut Creek, FL	Virtual Option

Tuesday, March 3, 2026

Held at The Renfrew Center of:

Mt. Laurel, NJ	Radnor, PA
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*Event times vary by location.

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

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

REGISTER NOW:
www.renfrewcenter.com/events



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