

# The Renfrew Center's Fall Alumni Workshop

## Letting Go with Grace: Making peace with what was

Recovery is more than healing our relationship with food and our bodies. It's also about releasing the stories, expectations, and experiences that no longer serve us and making space for what comes next.

### In-Person Workshops Hosted At The Renfrew Centers of:

#### Tuesday, October 6:

|                   |                   |
|-------------------|-------------------|
| Atlanta, GA       | Paramus, NJ       |
| Bethesda, MD*     | Radnor, PA        |
| Boston, MA        | New York City, NY |
| Center City, PA   | Mount Laurel, NJ  |
| Coconut Creek, FL | Pittsburgh, PA    |

#### Wednesday, October 7:

Charlotte, NC  
Nashville, TN  
Orlando, FL

#### Tuesday, October 13:

Baltimore, MD



All in-person workshops held from 6:00 - 8:00 pm (ET)

\*Bethesda workshop held from 5:00 - 7:00 pm (ET)

### Virtual Workshop Dates & Times:

#### Tuesday, October 6:

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

Held online via Zoom.

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



**ALL ALUMNI ARE WELCOME TO ATTEND AN IN-PERSON OR VIRTUAL WORKSHOP.**

### In this workshop, attendees will:

- Explore letting go with grace rather than judgment while acknowledging the past without being defined by it.
- Honor the survival skills that have supported them and identify recovery-oriented skills for continued growth.
- Connect with alumni and staff while practicing letting go through an experiential activity.



**REGISTER NOW: [renfrewcenter.com/events](https://renfrewcenter.com/events)**

For questions about this event, please contact [alumni@renfrewcenter.com](mailto:alumni@renfrewcenter.com).

