

ADULT CHILDREN OF ALCOHOLICS

Presented by Tom Gorham, M.A., CADCI, Sabrina Bolus, MATS & Jane Wineapple, L.A.C.
May 25-27, 2018

You cannot change the past, but you can identify how alcoholism and other family dysfunction affected you and how it still influences you in the present. Whether you exhibit emotional scars or function at a high level, you often face moments of crisis when the past inevitably shows up. This retreat is for Adult Children of Alcoholics (ACA) and anyone else who wants to help yourself (or someone you love) overcome painful aspects of history that cause you difficulty today. Among other things, learn how ACA principles, including a trusting relationship with your Higher Power can eventually lead you to freedom from the past and pave a new path to happiness, and self-empowerment. We will process the dysfunction of our families of origin and gain new life skills through small and large group process.

Acupuncture, 12 step group, chair massage and spiritual direction are also available during the weekend.

PRESENTERS:



Tom Gorham, M.A., CADCI, has worked with individuals suffering from substance use disorders and trauma for almost 20 years. He is a licensed Marriage and Family therapist and a state Certified Drug and Alcohol Counselor. He has worked with people with trauma filled backgrounds and works with inmates in State Prisons to turn their lives around. He has been presenting at San Damiano for almost 10 years and is the Executive Director of Options Recovery Services located in Berkeley, Oakland and San Quentin Prison.



Sabrina Bolus, MATS, an Interfaith Chaplain, has been a companion to people on spiritual journeys, and those undergoing difficulties in their lives as they work toward discovering or rediscovering life's purpose. She has a Masters of Theological Studies, completed Clinical Pastoral Education, and is a trained

Spiritual Director. Sabrina serves as a Chaplain at Options Recovery Services in Berkeley and Oakland, and is pursuing a Masters of Marriage and Family Therapy with a specialty in Transpersonal Psychology.



Jane Wineapple, L.A.C., graduated from the American College of Traditional Chinese Medicine and became a licensed acupuncturist nationally and in California in 1995. She has had a private practice in Berkeley since then, working with people to improve their health. In 1996, Jane expanded her work with acupuncture to include working with addictions. Besides her private practice, Jane is the staff acupuncturist for Options Recovery Services in Berkeley.

REGISTRATION:

Registration begins at 4:00 pm - 6:30 pm, Social at 6:00 pm, Dinner at 7:00 pm. First Session at 8:00 pm. Concludes with lunch on Sunday.

COST:

\$245 for private room. \$215 per person for double occupancy. All bedrooms are non-smoking.

Registration online is available at www.sandamiano.org or call us at (925) 837-9141 to make your reservation by phone.

Deposits or payment are non-refundable, but transferable to a future retreat within one year providing cancellation is received at least 7 days prior to the retreat.

TO MAKE A RESERVATION:

Please send a check of \$50 deposit to:
San Damiano Retreat
P. O. Box 767
710 Highland Drive
Danville, California
94526-0767
Phone: (925) 837-9141
Fax: (925) 837-0522

SPECIAL NEEDS:

Please call us after you make your reservation for any retreats.

RESERVATION FORM

ADULT CHILDREN OF ALCOHOLICS • MAY 25-27, 2018

NAME(S): _____

ADDRESS: _____

STREET

CITY

STATE

ZIP

EMAIL: _____

PHONE: _____

EMERGENCY CONTACT: _____

Phone: _____

PRIVATE ROOM (\$245) SHARED ROOM (\$215) WITH: _____

CREDIT CARD #: _____

EXP. DATE: _____

NAME ON CREDIT CARD: _____

CHARGE ALL DEPOSIT ONLY