

# *Reaching for Personal Freedom*



*District 1 Sponsored Workshop*

*Saturday, July 21, 2018*

*9 am to 1 pm*

*United Church, School St., Bellows Falls*

*9 am Coffee and fellowship*

*9:20 am Welcome and opening*

*9:30-10:30 am 1) Supporting My Happiness – Wow, I’m Watching Me Grow*

*2) Keep Coming Back – It’s a Process*

*10:45-11:45 am 3) Walk With Me and Be My Friend*

*4) Participation Not Isolation – Everyone Is Important*

*11:45 am Round Robin Sharings*

*All are welcome! Bring a newcomer!*

*Questions? Contact – Joan at [cajunqueen@tds.net](mailto:cajunqueen@tds.net)*