

**Compulsive Eaters Anonymous-HOW-San Fernando Valley Intergroup Presents a
Workshop**

“WHEN SAYING ‘NO’ IS ENOUGH”

**Join us on ZOOM
Saturday – May 18, 2024
1-3 pm PST**

ZOOM# 656 175 6485 - Passcode: 1212

In this Workshop, we'll take a deep dive into:

- Cultural customs, traditions and norms around saying 'NO'.
- How we can claim a healthy and respectful 'NO' to help us manage, protect and thrive in our Recovery.
- How to say 'NO' to ourselves, to hosts and hostesses, and our parents/family.

*****Something to think about: “What stops you
from saying ‘NO’?*****

\$7.00 Suggested Donated to help support SFV Intergroup.

**Zelle will be in the chat. Nobody will be turned away.
For Questions, call: Lois L. 818-371-2564/ Sue G. 310-993-2060**