

# Reclaiming Your Self

## Sponsored by Pavillon's Family Services

### A Two-Day Workshop

Topics we will explore:

A deeper look into dependency issues

What is lost in codependency

Clarifying boundaries in relationships

Practicing assertiveness skills

Utilizing the 12 Steps to free yourself

Embracing Radical Self-Acceptance

**Please Register by Sept 4th.**

Website:  
[www.pavillon.org](http://www.pavillon.org)

This month, and in the months to follow, Pavillon will offer a two-day intensive workshop to explore how to reclaim your Self after losing it to addiction.

It doesn't matter if you lost that Self to the drug or to the person using the drug. Addiction takes hostages and robs souls. To re-connect to a Spiritual Source and your True Identity requires effort and the support of others in recovery.

This workshop is open to anyone who has attended any program at Pavillon who is looking to improve themselves.

Counselors will lead group discussions and exercises designed to gain insight and develop skills you can use in all of your relationships. Psychodrama, meditation and sacred fire circle are planned too!

#### **Reclaiming Your Self**

**DATE: Sept 10 & 11, 8:30-4:00**

**COST:** \$200.00 Per Person

**LOCATION:** Columbus Professional Center  
Pavillon Outpatient Services  
799 West Mills Street (Hwy 108)  
Columbus, NC

Please Register by Sept 4th by calling  
Spaces will fill quickly

To Register contact Peggy Burke, MA, LCAS Program Director at: 828-894-0293 or email Peggy at [peggyb@pavillon.org](mailto:peggyb@pavillon.org)

#### **UPCOMING PROGRAM DATES ALSO AVAILABLE:**

October 1 and 2  
November 6 and 7  
December 3 and 4