

# Join us to learn more about Recovery for Life, 2!

Let us introduce you to one of the most important parts of your recovery journey—*developing and maintaining healthy boundaries*. Healthy boundaries are vital to all of life. They are the basis from which we learn to love ourselves and others. In this workshop we will introduce you to what healthy boundaries are and how to set them.

**Tuesday and Wednesday**

**SC SHARE Office**

**427 Meeting Street, West Columbia, SC 29169**

This workshop will provide an overview of the Recovery for Life 2 workbook. It is helpful if you have already completed the Recovery for Life 1 workshop.

Registration and coffee **start at 9:30 a.m.** The presentation starts at 10:00 a.m. (The second day starts at 9:00 am.)

There is a **\$14.00 registration fee** that includes a boxed lunch both days and training handouts. This is an approved Certified Peer Support Specialist training and counts towards your required training hours.

**Space is limited to 12 participants - please call to RSVP as soon as possible.**

**(803) 739-5712 ▪ 1-800-832-8032 ▪ [Naomi@scshare.com](mailto:Naomi@scshare.com)**

## Join us to learn more about the Recovery for Life 2!

Participants use a reader-friendly workbook developed by SC SHARE as a guide to discovering and setting personal boundaries.

### **Tuesday:**

9:30 – 10:00 am .....Registration, Coffee  
10: 00 – 12:00 noon .....**“Introduction, Chapters 1 & 2”**  
12:00 – 1:00 pm .....LUNCH (boxed lunch provided)  
1:00 – 2:30 pm .....**“Chapters 3 & 4”**  
2:30 – 2:45 pm .....Break  
2:45 – 4:00 pm.....**“Chapters 5 & 6”**

### **Wednesday:**

8:30-9:00 am .....Coffee  
9:00 – 12:00 noon .....**“Chapters 7 & 8”**  
12:00 – 1:00 pm .....Lunch (boxed lunch provided)  
1:00 – 2:30pm ..... **“Chapters 9 & 10”**  
2:30 – 2:45pm .....Break  
2:45 – 4:00 pm..... **“Putting it all Together”**



**Please mail your \$14 registration fee and form to:**

**SC SHARE 427 Meeting St. West Columbia, SC 29169 - Fax 803-739-8226**

**Space is limited to 12 registrations.** Please call to RSVP as soon as possible 803-739-5712 or 1-800-832-8032

Name (please print)

Organization

Street

City

State

Zip

Area Code and Telephone Number

E-mail address

Personal check # \_\_\_\_\_

Money Order

RFL 2