



SCA Boundaries Workshop

Trouble With Boundaries?

Do you find that your lack of boundaries gets you in trouble? Or are your walls so thick you find that you're isolated? Let's talk about it in a safe place.

SATURDAY

MAY 9, 2015

9:30 a.m. to 12:30 p.m.

PLUMMER PARK

7377 Santa Monica Blvd., Art Rm. 2
West Hollywood, CA 90046
Please take note of the parking restrictions.

Please Bring:

SCA Blue Book

Large spiral ring notebook

Pen / pencil

Donation: \$10.00

Suggested donation to pay for materials.

None turned away for lack of funds.

Net proceeds go to SCA / LA Intergroup.

Contact: Workshops@scalosangeles.org

More Info: www.scalosangeles.org

Sexual compulsion, sex addiction, love addiction, and sexual/romantic anorexia often involve ignoring and violating our own and others' boundaries through our inappropriate behaviors and defenses. Together we will share our experience, strength, and hope regarding the lifelong process of recognizing and setting healthy boundaries. Build your integrity, self-esteem, and serenity by learning to set and maintain appropriate limits in everyday life.

"SCA's Twelve Steps are a group of principles, spiritual in their nature, which, if practiced as a way of life can expel the obsession to act out and enable the sufferer to become happily and usefully whole.

"More sobriety brought about by the admission of sexual compulsion and by attendance at a few meetings is very good indeed, but it is bound to be a far cry from permanent sobriety and a contented, useful life. That is just where the remaining Steps of the SCA program come in. Nothing short of continuous action upon these as a way of life can bring about the much-desired result.

(AA 12 & 12)

This workshop is for the **Newcomer** or any **Member** who struggles with their Sexual Compulsion or Love Addiction. We also welcome the experience, strength & hope of anyone who can help.