

WEST GREAT LAKES ACA INTERGROUP 8TH ANNUAL CONFERENCE

Saturday, October 19th, 8:00am to 4:30pm (1st speaker @ 9:00)

Trinity International University (North Campus), 2065 Half Day Road
Village of Bannockburn, Deerfield, IL 60015 (see map)
Waybright Building Room: Milton Hall

HEALING OUR TRAUMATIC PAST

8:00AM - MEET & GREET & DONUTS & COFFEE



Featured Speakers :

JOHN D. - *You Aren't Broken, Only Lied To*

If you were told anything other than you are a magnificent, brilliant, creative being you have been lied to. John invites listeners to use the unique methods he's developed to help break down barriers to freedom and find peace & stillness in chaos. John is from North Carolina, an AWC Workshop Presenter. John has witnessed profound breakthroughs with inmates, opiate addicts in treatment, the homeless, and many more. John developed methods to help break down the barriers to authentic expression. He has shared his wealth of experience in speeches, teaching, and facilitating groups. John has 31 years of recovery and spent most of that time in rooms with his fellow travelers of ACA. **9:00–12:00 (WITH 15MIN BREAK)**

DEBBIE H. - *A Path to Serenity: Recognizing Trauma, The Action of Forgiveness & Being Authentic*

Debbie will talk about childhood trauma in its different types and how some of the effects show up in adulthood. She will give living examples of what some of these symptoms actually “look like” in adults. Debbie will also talk about the freedom that comes from forgiveness. Basic explanation of how being 100% Authentic in our daily lives leads to better choices and increased contentment in life. Debbie will facilitate exercises/activities that have added value for recovery. The presentation encourages interaction from the attendees with the facilitator. **1:30–2:45**

ALEX G. - *Introduction to TRE[®] Tension and Trauma Releasing Exercises*

TRE[®] – Tension and Trauma Releasing Exercises is a physical method of working to release tension, stress, and trauma from the body by stimulating an innate healing mechanism in the body that uses vibration and trembling to discharge tension stored in the muscles of the body. Originally developed to work with PTSD and trauma in the developing world, TRE is now being used more broadly to manage stress and anxiety, as well as to support resolution of trauma. In this introduction Alex will guide you through an experience of this method and discuss how to safely use it as part of a self-care routine.

***** BRING FLOOR MAT or TOWEL FOR THIS EXERCISE *****
(Participants are *not required* to participate in the floor exercise) **2:45–4:00**

- LUNCH PROVIDED (gluten free & vegetarian) ● Brief Election ● 50/50 Raffle
- Literature for Sale (Cash or Check) ● TWO \$50 Visa Credit Cards door prizes

Pre-Registration fee is \$30 (See next page for details) After October 12th and “At the Door” the fee is \$40. Exact change would be appreciated.

Your Pre-Payment is needed by October 12th. Questions to secretary@westgreatlakesaca.org

IMPORTANT: We will be accepting people at the door for \$40.00. You will be able to attend.

8TH ANNUAL WGL INTERGROUP CONFERENCE

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PLEASE IF POSSIBLE PRE-REGISTER BY OCTOBER 12th BY:

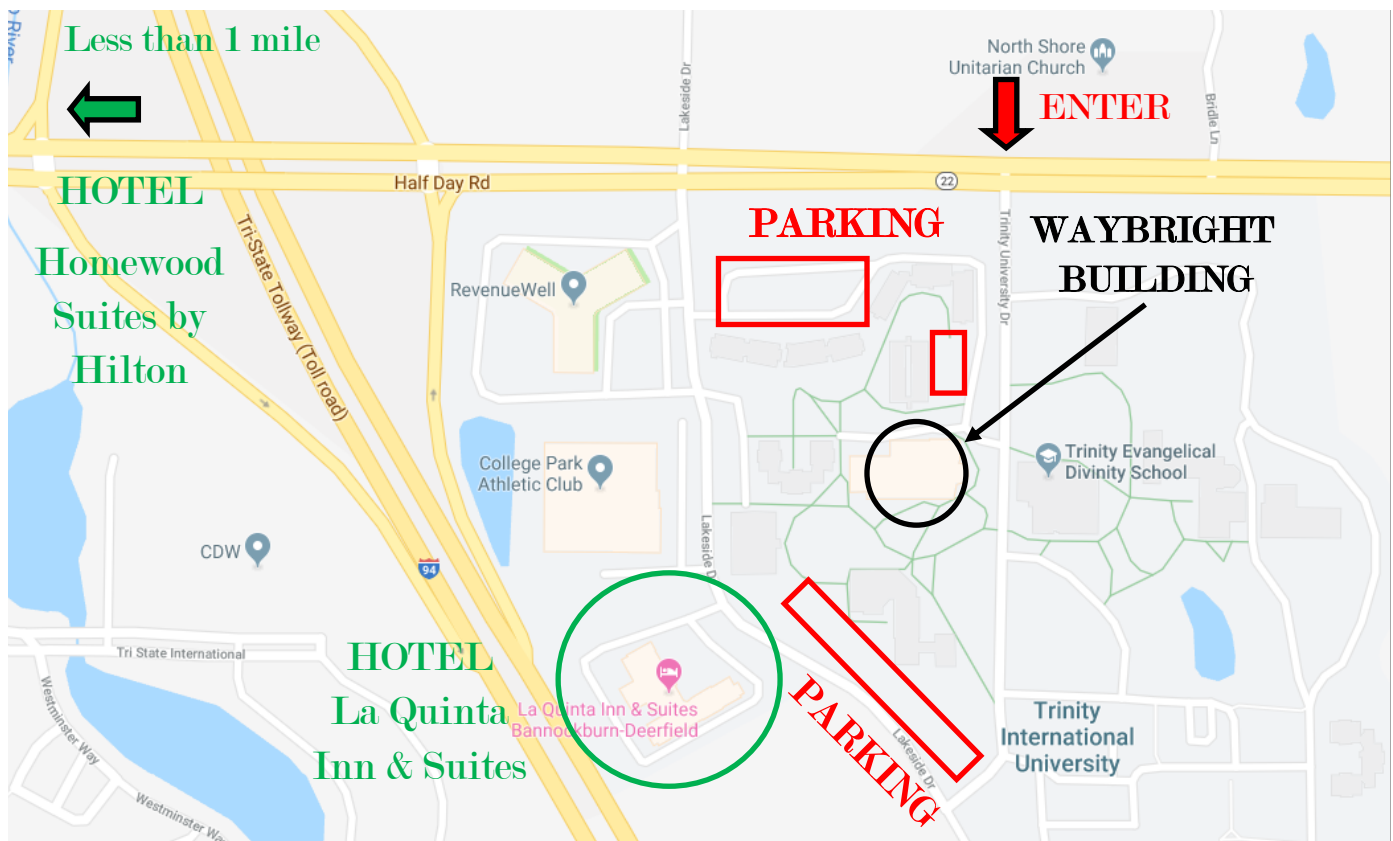
CREDIT CARD OR PAYPAL : Use the button on the bottom of this web page

<https://westgreatlakesaca.org/2019-annual-conference-registration/>

OR

MAIL YOUR \$30.00 CHECK TO:

West Great Lakes ACA Intergroup, P. O. Box 681276, Schaumburg, IL 60168



Conference is 20 minutes north of O'Hare International Airport

La Quinta, (847-317-7300) 2000 Lakeside Dr., Bannockburn, IL 60015

Bannockburn/Deerfield / East/South side of Tollway + Hwy 22 interchange / just across the street from the Westerly edge of Trinity Univ. / just a 3-4 block walk to Rodine Bldg. / call for Trinity rate / less expensive than Homewood / fewer amenities.

Homewood Suites, (847-945-9300) 10 Westminster Way, Lincolnshire, IL 60069

Lincolnshire/ West/South Side of Tollway + Hwy 22 interchange / you get everything BUT an oven in your room / call for Trinity rate > compare with internet rate.