



HOPE IN RECOVERY, THURSDAY MEETING

Cordially invites you to our

SPEAKER MEETING

on **18th**
F e b r u a r y
Thursday

Zoom Meeting

Visit the Hope in Recovery web site at
<https://hopeinrecoverywa.org/hope-in-recovery-online-meetings/> for information
and a link to join the meeting.

Rachel F.

Using a Family Tree as a Recovery Tool

Rachel is a recovering codependent who has been attending CoDA for two years and is currently working Step 4. She is extremely grateful for the freedom and healing she has experienced through CoDA. Rachel is passionate about self-awareness and particularly about understanding herself, and her codependence, within the context of her family of origin. Through participation in CoDA, she hopes to be able to pass on a healthier legacy to her children.

MEETING 7:30 – 8:45 pm