



## **CREATING YOUR RECOVERY MAP:**

### **Getting and Staying Abstinent**

**A 75-minute Virtual Workshop for Cape Cod OA Members**

**Presented by Cape Cod Intergroup (CCIG)**

**Are you struggling to get or stay abstinent?** In this hands-on workshop you will create your personal recovery map that you can use on an on-going basis to help you become (and/or stay) abstinent.

**Who should attend?** Anyone who wants a clear and intentional framework to get and remain abstinent from compulsion with food.

**When is the workshop?** Choose **one** of these dates/times:

**Session 1: Sunday**  
November 14, 2021 @ 1:00 pm- 2:15pm

or

**Session 2: Sunday**  
Jan 16, 2022 @ 1:00 pm – 2:15 pm

**Is there a cost?** There is no charge, but 7<sup>th</sup> tradition donations are welcome and appreciated. Registrants can send a check made out to **CCIG** to: Cape Cod Intergroup, P.O. Box, 273, Centerville, MA 02632. Write “Recovery Workshop” on the memo line.

**Registration is limited to 30 in each session. Registration closes November 8th for session 1, and January 10th for session 2.**

**To register:** Send an email, **Subject:** “Recovery Map registration” to [egv327@aol.com](mailto:egv327@aol.com). Include your mailing address, phone number, and which session you are choosing. Upon registration, you will receive materials by mail needed to complete the workshop activity.