

Spiritual Development and the 12-Steps

Retreat Series by Jo Holt, Ph.D.

DATES: February 4, 2012 Powerlessness and Acceptance
March 3, 2012 Turning It Over
April 7, 2012 Awareness and Amends
May 5, 2012 Spiritual Awakenings & Being of Service

TIME: 9 a.m.-12 p.m.

LOCATION: Fairbanks Recovery Center
8102A Clearvista Parkway
Indianapolis, IN 46256

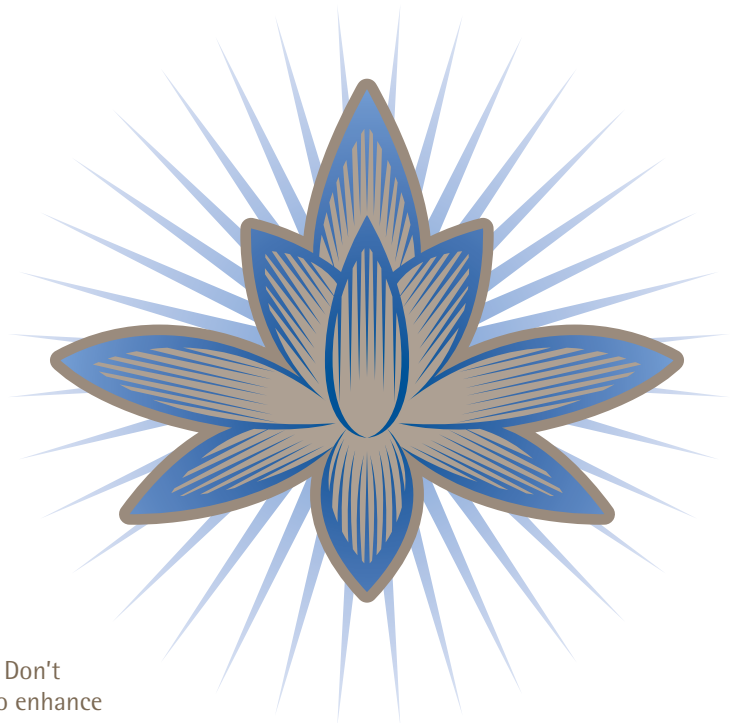
COST: \$15 per session or
\$50 for all four sessions

Note: *You are not required to attend all sessions offered. Feel free to sign up for only the sessions you wish to attend.*

This four part series is a sequence of half-day retreats. Don't miss this opportunity to learn about new techniques to enhance a recovery-based lifestyle!

Jo Holt, Ph.D., is a psychotherapist and a spiritual director. She includes a mindfulness approach in every phase of her work. She has studied Carmelite Mysticism and Tibetan Buddhism with teachers in both traditions and has adapted these practices to a mindfulness-based approach to recovery.

For more information and to register, contact Kathleen Gill at 317.572.9469 or kgill@fairbanksd.org or Judi Kramer at 317.572.9305 or jkramer@fairbanksd.org.



Retreat sponsored by Alumni Services



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Experts in addictions. Focused on recovery.

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