

# SCA Long Beach Turns 30!



Join us as we Observe Thirty Years of  
SCA Meetings in Long Beach

**SATURDAY, APRIL 28, 2018**

**10:00 a.m. to 3:00 p.m.**

## TENTATIVE SCHEDULE:

### - 10:00 TO 11:00 A.M. PANEL-DISCUSSION MEETING

In place of our regular SCA meeting, a panel of SCA members will share their experience, strength & hope recovering from sexual compulsion. The meeting will then open up to questions or discussion.

### - 11:15 TO 11:30 A.M. REGISTRATION

### - 11:30 TO 12:15 P.M. MEDITATION WORKSHOP

Meditation is one of the *Tools That Help Us Get Better*. An SCA member, experienced in meditation, will conduct this workshop. We will practice techniques for meditation, & perhaps learn to use this helpful tool in our efforts to recover from sexual compulsion.

### - 12:15 TO 1:15 P.M. LUNCH BREAK

### - 1:15 TO 2:00 P.M. THE TOOLS THAT HELP US GET BETTER

These tools let us build the life in recovery that will help reintroduce sex and love in a healthy way, and help us reintegrate with society.

### - 2:15 TO 3:00 P.M. JOURNALING

This workshop will provide helpful tips for: Doing a Tenth Step; Help with time management; Help us to process the day-to-day events and feelings we experience; Constructing a gratitude list, and much more.



## LONG BEACH

Atlantic Alano Club  
600-1/2 Redondo Avenue  
Long Beach, CA 90804  
(Above the Pet Store)

**Donation: \$10.00**

Suggested donation to pay for expenses.

None turned away for lack of funds.

Net proceeds go to SCA / LB.

**Contact:** [Workshops@scalosangeles.org](mailto:Workshops@scalosangeles.org)

**More Info:** [www.scalosangeles.org](http://www.scalosangeles.org)

This gathering is for SCA Newcomers, Members or any 12-Step Member struggling w/ Sexual Compulsion or Love Addiction.