



# Courage to change

## ACA London Convention

### Programme:

**10am - 10.30am registration**

**10.30am - 11.30am welcome meeting** with a chair and sharing thereafter

**11.30am - 12pm tea & biscuits**

**12pm - 12.30pm non-dominant hand writing workshop**

**12.30 - 1.30pm lunch break** (not provided)

**1.30pm - 2.30pm meeting** inner child & becoming your own loving parent

**2.30pm - 3pm meditation** connect with your inner-child

**3pm - 3.30pm tea & biscuits**

**3.30pm - 4.30pm meeting** beyond survival: practicing self-love

**4.30pm - 5pm tea & biscuits**

**5pm - 6.30pm meeting** ACA sponsorship: fellow travellers

**6.30pm - 7.30pm dinner** (not provided)

**7.30pm - 10.30pm fun time**

**For more information or to register contact**

**07846294500 or [aca.london.convention@gmail.com](mailto:aca.london.convention@gmail.com)**