



CVIG Spring Retreat: You are not Alone

Saturday, April 26, 2025

10 AM to 2:30 PM

Bring Your Own Lunch!

Community West Church Pavilion 2340 Pump Road Henrico, VA 23233

Give yourself a gift: time for you and your recovery!



OA Speaker



Writing Activities



Movement



MEDITATION



Sharing



Interacting

Please pre-register via email or text to Terrie: terries@execpc.com,
414-405-7820, so we can estimate the number of attendees.