

FAA 12-Step Workshop

Healthy Boundaries, Stronger Recovery

HOW TO SET AND KEEP HEALTHY BOUNDARIES
WHILE ABSTINENT FROM SUGAR, FLOUR & WHEAT

Boundaries protect my serenity. Serenity supports my recovery.

Love
myself.
Protect
my peace.

In This Workshop, You Will Learn:



Why boundaries
matter in recovery



How to set clear,
loving boundaries



How to say "No"
without guilt



How to respect others'
boundaries



Practical tools to
keep my boundaries
strong daily



I HAVE THE RIGHT TO...

Take care of myself

Say "No"
without explaining

Change my mind

Put my recovery first

Ask for what
I need

Not be responsible
for others' feelings

Walk away from
what isn't healthy

Protect my
boundaries

ROOTED IN RECOVERY.
GROWING IN FREEDOM.

*Boundaries aren't walls that keep people out—
they're guidelines that let love, honesty, and respect
flow safely in both directions. ♥*

WORKSHOP DETAILS



Saturday
August 8, 2026



12:00 – 1:30 pm
(90 minutes)



Hosted by:
Michelle S
& Mary Ellen W



Come as you are.
Leave stronger.
You belong here.

Healthy Boundaries
Create Space for:

- ♥ Peace
- ♥ Joy
- ♥ Self-Respect
- ♥ Real Connections
- ♥ Lasting Recovery

Your
recovery
matters.
♥

Join us on Zoom!



Click to Join Zoom Meeting

<https://zoom.us/j/4664902718?pwd=VklTUkVKcXIOTXZmUEpDNVBHBMk1Zz09>



Meeting ID: 466 490 2718



Passcode: 885574

A 12-step fellowship for food addiction recovery. ♥ One day at a time.