



*"I saw the Steps in a new light after 27 years of sobriety." JM*

## **FREE EVENT**

**Saturday and Sunday June 2<sup>nd</sup> and 3<sup>rd</sup>, 2012  
at the YMCA**

### **BIG BOOK STUDY with Janina Kean**

Learn key insights on how to work the 12 Steps into daily living in this exclusive, weekend retreat with Janina Kean, President & CEO of High Watch Recovery Center. **Registration is limited to a small group of 50** to allow for interaction and full comprehension of the teachings. Janina's clear, compassionate perspective breathes new life into the Big Book and the daily practice of the 12 Steps. She incorporates her 35 years of medicine and her knowledge of neurobiology of addiction. Her humor and warmth brings fresh, personal stories and wisdom from her lifelong career as a medical professional along with 31 years of sobriety. In a very simple fashion she weaves the spiritual teachings of the 12 steps into most recent scientific research of the neurobiology of addiction.

The Big Book Retreat is open to all and it is often used as aftercare treatment. It is also open to family and friends who have someone in their lives that suffer from substance abuse. Friends and family members of those in recovery have benefited from this program by deepening their understanding of the 12 Steps and addiction.

#### **WEEKEND PROGRAM (attend one day or both)**

##### ***Saturday***

8:30 AM REGISTRATION

9:00 AM – 4:00 PM WORKSHOPS

##### ***Sunday***

8:30 PM – 3:00 PM WORKSHOPS

**\*\*The YMCA has a food cafe. You can purchase breakfast and lunch items and other various snacks.**

**This event is *generously donated* by Janina Kean a Board Director of Vineyard House. To reserve your space, you must contact the Vineyard House office either by phone 508-693-8580 or email [vineyardhouse@vineyard.net](mailto:vineyardhouse@vineyard.net) to receive a *confirmation number*. For more information, call 508-693-8580 and ask for Kathy Ayers-Ferland or visit our website [www.vineyardhouse.org](http://www.vineyardhouse.org)**