



ACORN Food Dependency Recovery Services

PO Box 50126, Sarasota, FL 34232 | 941-378-2122

2014-2015 Schedule of Events

Register online at www.foodaddiction.com

ACORN's 20th Anniversary - 2015

DATE	EVENT	COST	LOCATION	CONTACT INFO
Aug 1 – 3	Recovery Weekend Fri: 7:00 pm – 9:00 pm Sat: 9:00 am – 12:00 pm and 1:30 pm – 4:30 pm Sun: 9:00 am – 12:00 pm (Optional Saturday Evening Open Meeting 7:00 pm – 9:00 pm) Does not include meals & lodging.	\$200	Bradenton, FL	Raynea McCumber rmccumber@foodaddiction.com 941-378-2122
Aug 8 – 10	3-Days with Phil (group limited to 5 participants) Does not include meals & lodging.	\$1,500	Reston, VA (DC Area)	Raynea McCumber rmccumber@foodaddiction.com 941-378-2122
Sept 16 – 21	Primary Intensive© Includes meals.	\$1,950 or \$1,700	Bradenton, FL	Raynea McCumber rmccumber@foodaddiction.com 941-378-2122
Sept 26 – 28	3-Days with Phil (group limited to 5 participants) Does not include meals & lodging.	\$1,500	Homewood, IL (Chicago Area)	Amie Fritz AmieFritz@comcast.net 312-371-1074
Oct 6 – 9	Introduction to Food Addiction Course Florida School of Addiction Studies Facilitated by Phil Werdell & Mary Foushi	TBA	Tampa, FL	FSAS.org (813) 626-3831
Oct 10	Food Addiction & Intuitive Painting Workshop led by Kaylina Michaela 9:30 am – 4:30 pm (Open to public)	\$60	Bradenton, FL	Raynea McCumber rmccumber@foodaddiction.com 941-378-2122
Oct 10 – 15	Professional Training Primary Intensive© <i>Open to new members and non-trainees</i> Includes meals.	\$1,950 or \$1,700	Bradenton, FL	Raynea McCumber rmccumber@foodaddiction.com 941-378-2122
Oct 22	1st Annual National Conference The Missing Piece in Response to the Obesity Epidemic: Diagnosing and Treating Food Addiction	\$99 plus CEU fees	University of Massachusetts Worcester, MA	Barbara Grimes Barbara.Grimes-Smith@umassmed.edu
Nov 2 – 4	3-Days with Phil (group limited to 5 participants) Does not include meals & lodging.	\$1,500	Bradenton, FL	Raynea McCumber rmccumber@foodaddiction.com 941-378-2122
Nov 14 – 19	Primary Intensive© Includes meals.	\$1,950 or \$1,700	Bradenton, FL	Raynea McCumber rmccumber@foodaddiction.com 941-378-2122
Nov 29 – Dec 1 Tentative	3-Days with Phil (group limited to 5 participants) Does not include meals & lodging.	\$1,500	Reston, VA	Raynea McCumber rmccumber@foodaddiction.com 941-378-2122
Dec 5 – 7	3-Days with Phil (group limited to 5 participants) Does not include meals & lodging.	\$1,500	Bradenton, FL	Raynea McCumber rmccumber@foodaddiction.com 941-378-2122
Dec 12 – 17	Primary Intensive© Includes meals.	\$1,950 or \$1,700	Bradenton, FL	Raynea McCumber rmccumber@foodaddiction.com 941-378-2122
2015				
Jan 2 – 4	Post-Holiday Recovery Weekend Fri: 7:00 pm – 9:00 pm Sat: 9:00 am –	\$200	Bradenton, FL	Raynea McCumber rmccumber@foodaddiction.com

	12:00 pm and 1:30 pm – 4:30 pm Sun: 9:00 am – 12:00 pm (Optional Saturday Evening Open Meeting 7:00 pm – 9:00 pm) Does not include meals & lodging.			941-378-2122
Jan 9 – 11	Introduction to Food Addiction	\$200	Bradenton, FL	Raynea McCumber rmccumber@foodaddiction.com 941-378-2122
Jan 16 – 21	Professional Training Primary Intensive© <i>Open to new members and non-trainees</i> Includes meals.	\$1,950 or \$1,700	Bradenton, FL	Raynea McCumber rmccumber@foodaddiction.com 941-378-2122
Feb 6 – 8 Tentative	3-Days with Phil (group limited to 5 participants) Does not include meals & lodging.	\$1,500	Homewood, IL (Chicago Area)	Amie Fritz AmieFritz@comcast.net 312-371-1074
Feb 20 - 22	3-Days with Phil (group limited to 5 participants) Does not include meals & lodging.	\$1,500	Bradenton, FL	Raynea McCumber rmccumber@foodaddiction.com 941-378-2122
April	ACORN Primary Intensive and Workshops in Jordan	TBA	Amman, Jordan	Raja Batarseh rajabg@yahoo.com 011-0096265922871

🌿 ACORN encourages participants to stay on-site during events. On-site lodging is available for Bradenton, FL events. \$45 per night. Please inquire upon registration.

🌿 Schedule subject to change. New events may be added. Please check www.foodaddiction.com for updated Schedule of Events.

Primary Intensive©

A five-day structured residential workshop experience, patterned after the first weeks of inpatient treatment for food dependency. The Intensive is designed to support and promote food abstinence and Twelve Step work through a process of groups, educational lectures, structured activities and individual reading/writing assignments. Attendees practice preparing their own abstinent food in a residential kitchen with group support.

- For those new to abstinence
- For those in relapse from food addiction/dependency
- For abstinent people who want to deepen their recovery

"3 Days with Phil"

This three-day workshop for ACORN alumni is led by Phil Werdell, the co-founder of ACORN and Director of ACORN's professional training program. The workshop will help you work on deep emotional and spiritual blocks that prevent you from maintaining long-term abstinence and recovery. If you have trouble identifying feelings, dealing with anger, fear or grief, or surrendering to powerlessness over food, this workshop will give you practical skills that will support "abstinence first."

The focus is on how to deal with chronic food slips and/or relapse. When a food addict has a food slip or a relapse, physical, emotional and spiritual relapse has already happened. You don't have to let food addiction continue to make decisions in your life. If you have felt driven by the voice of addiction, this workshop will give you the skills to notice and become aware of how this disease has hijacked your mind.

Join Phil in a safe, nurturing small group format (with no more than five participants) to learn how use food "slip inventories," expressive exercises and written incidents of powerlessness (approaches which he pioneered) to remove stumbling blocks that prevent deep emotional and spiritual recovery.

- For those who want to work directly with Mr. Werdell
- For those who want more help with their most difficult recovery problems
- For those with blocks to long-term stable recovery that are particularly persistent.