



CEA~HOW 2023 East Retreat!

October 20-22, 2023

In person in Ft Lauderdale, FL
and Virtually Everywhere!

For information, donations, and
registration please visit our
website at:

www.cea-howeastretreat.org

For information, call or text
Shannon B. (757) 927-7213

Early Bird Special!

\$35 Registration during 2022
(Regular cost \$45)

Includes Friday Evening,
Saturday all day, and Sunday
morning: workshops,
speakers, events and more!

In person location is:

Residence Inn by Marriott
Fort Lauderdale-Coconut Creek.

(King Suites with full kitchen for
\$149 per night group rate!)

***THIS EVENT IS ANOTHER CEA-
HOW "TRIBRID" RETREAT!
THERE ARE THREE WAYS OF
ATTENDING: IN-PERSON, BY
PHONE, OR ON ZOOM!***

Service is a recovery tool! If you would like to be a part of
creating this awesome experience, please join the team!