



# KICK START

## Sex Addiction Workshop



This workshop, designed by Laurel Centre in the UK, will help anyone who wants a fast solution to recover from sex addiction, porn addiction or online sexualised chat and social media.



SAT	03.04	0900 - 1200	Face to Face
SAT	04.05	0900 - 1200	Online
SAT	08.06	0900 - 1200	Face to Face
SAT	06.07	0900 - 1200	Online
SAT	03.08	0900 - 1200	Face to Face
SAT	07.09	0900 - 1200	Online

Cost SGD 80 

[Book your slot](#)

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STILLNESS FOR THE HEART  
34 BOON LEAT TERRACE #05-21A  
SINGAPORE 119866



# KICK START

## Sex Addiction Workshop

**This 3-hour face-to-face workshop is suitable for anyone struggling with damaging sexual behaviours who wants a quick solution to understanding their problem and a road map for overcoming it.**

The workshop provides all the information required to help you recognise if you have an addiction and understand the problem from a biological as well as a psychological perspective.

The six-phase cycle of addiction will be introduced along with some basic strategies for how to stop it. The stages of recovery will be fully explained and space provided to begin a recovery plan.

### **By the end of the day you will be able to:**

- Confirm if you're addicted to sex or porn
- Understand addiction from biological and psychological perspective
- Recognise your cycle of addiction
- Appreciate what full recovery means and how it is achieved
- Consider a recovery path and plan

Groups are completely confidential and anonymous and only first names will be used. Group size is limited to a maximum of 10 same-sex attendees with Q&A in smaller groups. The workshop runs from 9.00 am to 12.00 pm on a Saturday and is facilitated by Alex Lim and Oliver Ackermann. Please note that bookings are non-refundable.

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**Register Here**



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