



Wednesday Workshop Series

Hosted by WA Area - District 13

How Al-Anon Works

For Families and Friends of Alcoholics

Wednesday 6:00-7:30 pm PST

Zoom Meeting ID: 387-493-608

Passcode: 123456

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Jan. 6 th	Understanding Ourselves and Alcoholism *Changing Our Focus *3 C's *Living with Sobriety
Jan. 13 th	Become Aware *Recognizing Alcoholism * Struggling with Reality *Seeking Solutions
Jan. 20 th	The Family Disease *Part We Play *Recognizing our Options *Changing Our Part
Jan. 27 th	Breaking Our Isolation *Sponsorship *Literature *Benefits of Fellowship
Feb. 3 rd	Twelve Steps - Practical Tools for Change
Feb. 10 th	The Al-Anon Slogans
Feb. 17 th	Changed Attitudes *Gratitude *Expectations *Power of Attitude
Feb. 24 th	Detachment, Love & Forgiveness *Personal Boundaries *Detachment *Forgiveness
March 3 rd	Taking Care of Ourselves *Physical, Mental, Emotional & Spiritual Health *Building Self-Esteem
March 10 th	Communication *Recognizing Old Patterns *Listening *Conflict
March 17 th	Service – Putting Love into Action *Unconditional Love *Connecting with Others *Gifts of Service
March 24 th	Traditions Guidelines for Working, Living and Growing Together
March 31 st	Concepts of Service Learning and Growing as We Carry the Message

Finding the willingness to admit that we need help can be one of the greatest challenges we ever face, but it can also be one of the most rewarding..... we open a door to unlimited possibilities for change, for hope, and for a happier and richer life.