



Sessions Schedule

June 10, 2023



AA

AL-ANON

ACA

**MIND, BODY &
SPIRIT**

8:00a-9:00a

The Spiritual
Solution

Mike L.

Tools to Find
Serenity

Ken W.

Is ACA the Right
Program for Me?

Christine G.

Recovery Yoga -
Crystal Bowl
Sound Healing

Rubi J.

9:30a-10:30a

Suffering from
Untreated
Alcoholism

Tara R.

Setting Boundaries

Stephen W.

Heal the Shame
that Binds Us

Sara G.

Food, Feeling and
Healing after
Addiction

Gail W.

11:00a-12:00p

Love and Service

Skip J.

Self-Care and
Detachment

Christopher M.

The Inner Child
Experience

Jeannie T.

Demystifying
Meditation
(to Tame the
Craving Mind)

Gus C.

12:30p-1:30p

Keynote Discussion Panel - Love Letters to My Program

Dan G.

Michelle W.

Denis W.

2:00p-3:00p

The 12 Steps

Ellen M.

Gaining Peace
Regardless of
Others

Kara K.

How to Become
Your Own Loving
Parent

Joe C.

Stress Less
Spa Room

Cheri R.

3:30p-4:30p

Emotional Sobriety

Dan G.

What is Al-Anon
Anyway?

*Michelle W. &
Stephen W.*

The Laundry List
Traits:
14 Characteristics
of an Adult Child

Wynne S.

What is Breathwork
and What Does It
Do?

Griff P.

4:30p-6:30p

Happy (Joyous & Free) Hour: Pool Deck with Steel Drums

6:30p

Banquet & Recovery Comedian, Kurtis Matthews