



**Saturday, May 30, 2026**

**Sessions Schedule**

**AA**

**AL-ANON**

**ACA**

**MIND, BODY & SPIRIT**

8:00a-9:00a

**Emotional Sobriety**

*Steve R.*

**Serenity Starts Here**

*Rick A.*

**The Laundry List Traits**

*Denny W. & David B.*

**What is a Sound Bath?**

*Jessica H.*

9:30a-10:30a

**The Spiritual Solution**

*Billy N.*

**I'm Not the One with the Problem - So Why Am I Struggling?**

*Lorena V.*

**The 12 Steps Through the Eyes of a Loving Parent**

*Christine G.*

**Nourish to Flourish: Food, Energy & the Next Level of Recovery**

*Gail W.*

11:00a-12:00p

**Gifts of the Program**

*Rubi J.*

**Powerless But Not Helpless**

*Gary K.*

**Learning the Language of Our Wounded Parts**

*Melinda D.*

**The Inner Switch: Reclaiming Your Energy**

*Trish K.*

12:00p-1:30p

**Lunch Break**

1:30p-2:30p

**Keynote Discussion Panel - Love Letter to My Program**

*Grif P. (AA), Christine A. (Al-Anon), Irene M. (ACA)*

3:00p-4:00p

**The 12 Steps**

*Mike D.*

**Bookmark Your Recovery**

*Keith M. & Erin S.*

**What is ACA?**

*Sue N.*

**Think You can't Meditate? Dont Think!**

*Gus C.*

4:30p-5:30p

**Gratitude and Acceptance**

*Jessica H.*

**Having had a Spiritual Awakening**

*Jenn T.*

**A Day in the Life of a Loving Parent**

*Sean D., Joe C., Gizelle J.*

**What is Breathwork and Why Do I Feel So Good Afterwards?**

*Grif P.*

5:30p-6:30p

**Happy (Joyous & Free) Hour**