



Saturday, May 30, 2026

Sessions Schedule

AA

AL-ANON

ACA

MIND, BODY & SPIRIT

8:00a-9:00a

Emotional Sobriety

Serenity Starts Here

The Laundry List Traits

What is a Sound Bath?

Steve R.

Rick A.

Denny W. & David B.

Jessica H.

9:30a-10:30a

The Spiritual Solution

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

The 12 Steps Through the Eyes of a Loving Parent

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

Billy N.

Lorena V.

Christine G.

Gail W.

11:00a-12:00p

Gifts of the Program

Powerless But Not Helpless

Learning the Language of Our Wounded Parts

The Inner Switch: Reclaiming Your Energy

Rubi J.

Gary K.

Melinda D.

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

Bookmark Your Recovery

What is ACA?

Think You can't Meditate? Dont Think!

Mike D.

Keith M., Beth B. & Mandy J.

Sue N.

Gus C.

4:30p-5:30p

Gratitude and Acceptance

Having had a Spiritual Awakening

A Day in the Life of a Loving Parent

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

Jessica H.

Jenn T.

Sean D., Joe C. & Gizelle J.

Grif P.

5:30p-6:30p

Happy (Joyous & Free) Hour