

# Wednesday Workshop Series

Hosted by WA Area - District 13 AFG

## *Opening our Hearts Transforming our Losses*



Zoom Link: <https://zoom.us/j/387493608>

Zoom Meeting ID: 387-493-608 Password: 123456

**All Meetings are Wednesday 6:00-7:30 pm PST**

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|-------------------------|---|
| July 8 <sup>th</sup>    | Grief as a Process<br>Living with the Family Disease  |
| July 15 <sup>th</sup>   | Grieving for Our Childhood                            |
| July 22 <sup>nd</sup>   | Loss of the Dream<br>Loss in Relationships            |
| July 29 <sup>th</sup>   | Death of a Loved                                      |
| August 5 <sup>th</sup>  | Dealing with Our Feelings<br>Taking Care of Ourselves |
| August 12 <sup>th</sup> | Spiritual Growth from Grieving                        |

Alcoholism is a disease of many losses. For those of us who are the relatives and friends of alcoholics, these losses affect many aspects of our lives and remain with us over time. In this workshop, we share the hope we have found with the help of Al-Anon Family Groups as we came to acknowledge, understand and accept the losses we experienced. Guest speakers will share each week and then the meeting is opened for brief shares from members.

Please consider making a contribution to WSO:  
<https://al-anon.org/contributions/member/>