



# Wednesday Workshop Series

Hosted by WA Area - District 13

## How Al-Anon Works

*For Families and Friends of Alcoholics*

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

Zoom Meeting ID: 387-493-608

Passcode: 123456

<https://zoom.us/j/387493608?pwd=MjRUUjJmdUEyaWlWcVI2d1dBeElMdz09>

### +Dial by your location

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+1 312 626 6799 US (Chicago)

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Jan. 6 <sup>th</sup>	Understanding Ourselves and Alcoholism *Changing Our Focus *3 C's *Living with Sobriety
Jan. 13 <sup>th</sup>	The Family Disease *Part We Play *Recognizing our Options *Changing Our Part
Jan. 20 <sup>th</sup>	Breaking Our Isolation *Sponsorship *Literature *Benefits of Fellowship
Jan. 27 <sup>th</sup>	Twelve Steps - Practical Tools for Change
Feb. 3 <sup>rd</sup>	Slogans
Feb. 10 <sup>th</sup>	Changed Attitudes *Gratitude *Expectations *Power of Attitude
Feb. 17 <sup>th</sup>	Detachment, Love & Forgiveness *Personal Boundaries *Detachment *Forgiveness
Feb. 24 <sup>th</sup>	Taking Care of Ourselves *Physical, Mental & Emotional Health *Self-Esteem
March 3 <sup>rd</sup>	Communication *Recognizing Old Patterns *Listening *Conflict
March 10 <sup>th</sup>	Traditions Guidelines for Working, Living and Growing Together
March 17 <sup>th</sup>	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.