



Wednesday Workshop Series

Hosted by WA Area - District 13 AFG

From Survival to Recovery

Growing Up in an Alcoholic Home

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

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

<https://zoom.us/j/387493608?pwd=MjRUUllmdUEyaWlWcVl2d1dBeElMdz09>

+Dial by your location

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+1 312 626 6799 US (Chicago)
+1 646 558 8656 US (New York)
+1 301 715 8592 US (Germantown)

Jan 4	Do We Belong?
Jan 11	Recognizing and Breaking Denial
Jan 18	Meetings as a Lifeline
Jan 25	Learning to Trust
Feb 1	Picking Up the Tools
Feb 8	When Crisis Strikes & Getting Started
Feb 15	Finding & Healing Shattered Faith – Steps 1-3
Feb 22	Realistic Acceptance of Responsibility – Steps 4-5
March 1	Realistic Acceptance of Responsibility – Steps 6-7
March 8	Taking Action on Our Own Behalf – Steps 8-9
March 15	Living Healthy Lives – Steps 10-11
March 22	Sharing Our Good Fortune – Step 12
March 29	Joy

al-anon.workshopseries.org