



WEDNESDAY WORKSHOP SERIES

Hosted by WA Area, District 13

Every Wednesday

6:00 – 7:30 p.m. Pacific Time

How Al-Anon Works for Families & Friends of Alcoholics (B-32)

<https://al-anon.workshopseries.org>

Zoom Meeting ID:

387 493 608

Passcode: 123456

<https://zoom.us/j/387493608?pwd=MjRlUUIlmdUEyaWlWcVl2d1dBeElMdz09>

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<https://zoom.us/u/k293ult9>

for international numbers



Jan. 3rd - The Many Faces of Al-Anon, Help and Hope & Finding Help

Jan. 10th - Understanding Ourselves and Alcoholism (Pt 1)

Jan. 17th - Understanding Ourselves and Alcoholism (Pt 2)

Jan. 24th - Becoming Aware

Jan. 31st - The *Family* Disease of Alcoholism

Feb. 7th - Breaking Our Isolation (Pt 1)

Feb. 14th - Breaking Our Isolation (Pt 2)

Feb. 21st - Twelve Steps: Practical Tools for Change

Feb. 28th - The Al-Anon Slogans

March 6th - Changed Attitudes

March 13th - Detachment, Love and Forgiveness

March 20th - Taking Care of Ourselves

March 27th - Communication

April 3rd - Service: Putting Love into Action

April 10th - Keep Coming Back

April 17th - Twelve Traditions

April 24th - Twelve Concepts of Service