



Every Wednesday
6:00 PM Pacific
9:00 PM Eastern

Meeting ID: 387-493-608
Passcode: 123456

[Click Here for Zoom Link](#)

The purpose of our workshop is to provide some “Instant Al-Anon” that highlights the various ways our program can help us heal within our relationships.

We hope this booklet can be a resource, reminding us of the various tools and principles of the Al-Anon program.

Wednesday Workshop Series presents

HEALING WITHIN OUR ALCOHOLIC RELATIONSHIPS

“A Collection of Insights from our
Shared Journey” (P-95)

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|-------------|--|
| 5/14 | The Effects of Alcoholism
Discovering Hope |
| 5/21 | The Blame Game
Facing Our Anger |
| 5/28 | Becoming Aware
Avoiding Expectations |
| 6/4 | Letting Go of Control
Ceasing to Enable |
| 6/11 | Finding Acceptance
Initiating Change |
| 6/18 | Realizing We Have Choices
Communicating Clearly |
| 6/25 | 5 Guides to Communication
Speaking with Courage
Being Courteous - Three Insights |
| 7/2 | Learning by Example (Sponsorship)
Being Open to Love |
| 7/9 | Living with Sobriety
Revitalizing Sex |
| 7/16 | Building Healthy Connections
Maintaining Perspective |
| 7/23 - 10/8 | Steps, Traditions, and Concepts |
| 10/15 | It All Begins with Words
The Search for Spirituality |

[HTTPS://AL-ANON.WORKSHOPSERIES.ORG](https://al-anon.workshopseries.org)