

# Workshops

## Saturday

8:00am - 9:00am	<b>MEDITATION</b> -Jeremy P.	Amanda Scott
	<b>11th STEP YOGA</b> (Bring Mat & Towel) -Frankie M.	4th Fl Penthouse
9:30am - 10:30am	<b>BEDEVILMENTS TO THE PROMISES</b> -Jeremy P. and Abbey S.	Founders Room
	<b>NEWCOMERS WORKSHOP</b> -Delilah T. and Moises L.	Barnum
	<b>TRAUMA, ADDICTION &amp; CO-DEPENDENCY</b> -Kathleen M.	Amanda Scott
	<b>H.O.W. TO FIND YOUR REAL TRUTH</b> -Stephen H.	Choir Room
	<b>INCLUSIVITY: RAPI'S IN SOBRIETY</b> -Kieu-Anh K.	Music Room
	<b>MOVE TO THE STEPS OF A HIGHER POWER</b> -Deb S.	Shatto Chapel
11:00am - 12:00pm	<b>DROP THE ROCK</b> -Cathy A.	Barnum
	<b>THE PATH TO SERENITY: EMOTIONAL SOBRIETY</b> -John D. and Jack I.	Shatto Chapel
	<b>TRAUMA, ADDICTION, &amp; CO-DEPENDENCY</b> -Kathleen M.	Amanda Scott
	<b>DREAM SPONSOR</b> -Mikey C. and Rob R.	Founders Room
	<b>BOUNDARIES IN RECOVERY</b> -Theresa D. and Bianca P.	Music Room
	<b>LONGTIMERS TOOLS FOR TRANSFORMATION</b> -Sean F. and Emilio R.	Choir Room
2:00pm - 3:00pm	<b>HOW INTERNALIZED HOMOPHOBIA AFFECTS INTIMACY</b> -Kathy W.	Barnum
	<b>U.S.S. FELLOWSHIP</b> -Andrew B.	Shatto Chapel

## Saturday

2:00pm - 3:00pm	<b>PLEASURE UNWOVEN</b> -Melissa M.	Amanda Scott
	<b>WALKING THROUGH FEAR</b> -Gina B. and Chuck J.	Founders Room
	<b>T.G.I. IN RECOVERY</b> -Sydney R.	Music Room
	<b>UNA NUEVA HERENCIA</b> -Gustavo L.	Choir Room
3:30pm - 4:30pm	<b>DROP THE ROCK</b> -Cathy A.	Barnum
	<b>SELF LOVE: AN INTERACTIVE APPROACH TO BEING KIND TO YOURSELF</b> -Digby L. and Carrie W.	Shatto Chapel
	<b>PLEASURE UNWOVEN</b> -Melissa M.	Amanda Scott
	<b>WALKING THROUGH FEAR</b> -Gina B. and Chuck J.	Founders Room
	<b>THERAPUTIC ART</b> -Andrew G.	Music Room
	<b>MENTAL HEALTH MATTERS</b> -Keith F. and Kate J.	Choir Room

## Sunday

8:00am - 9:00am	<b>MEDITATION</b> -Jeremy P.	Amanda Scott
	<b>11th STEP YOGA</b> (Bring Mat & Towel) -Frankie M.	4th Fl Penthouse
9:45am - 10:45am	<b>SERVICE: THE 12TH STEP IN ACTION</b> -Jason C. and Digby L.	Barnum
	<b>PNP -PRINCIPLES NOT PERSONALITIES</b> -Ben M. and Robert G.	Amanda Scott