

workshops

Saturday

8:00am - 9:00am

★ **Guided Meditation**
Jeremy P.

4TH FL PENTHOUSE

▲ **11th Step Yoga**
Frankie M.

GYM

9:30am - 10:30am

▲ **Soul Gardening: Tending Our Spiritual Landscape**
Sean F., Sunder G.

FOUNDERS ROOM

● **Walking Through Fear**
Carrie W., Dixon P., Nick B

BARNUM

★ **Counting Your Blessings Backwards and Forwards**
Steve B., Emma D.

AMANDA SCOTT

■ **Straight Into CMA (Yes, Straight People Use Crystal Meth Too!)**
Dan B.

CHOIR ROOM

♡ **Newcomer Workshop: Never Have to Pick Up Again**
Monish B., Lenny R.

MUSIC ROOM

▽ **In The Spirit of Service**
Joey C., Todd G

SHATTO CHAPEL

★ **Therapeutic Art Workshop**
Andrew G.

4TH FL PENTHOUSE

11:00am - 12:00pm

● **Stick Man: Breaking The Cycle**
Rhonda W.

BARNUM

♡ **Navigating Moral Injury**
Kathleen M.

SHATTO CHAPEL

■ **TGI2S+ in Recovery**
Jase A. (they/ them)

AMANDA SCOTT

▽ **Sponsorship: Walking The Path Together**
Jeremy P., Philip V., Brock K.

FOUNDERS ROOM

♡ **Finding Your Voice**
Mikey C., Rob R.

MUSIC ROOM

★ **Getting to The Yes: A Journey Into Spiritual Play And Discovery**
Digby L.

CHOIR ROOM

▲ **Moving Through Recovery**
Dr. Dimple

4TH FL PENTHOUSE

● Emotional

● Intersectional

♡ Relational

▲ Physical

▽ Service

★ Spiritual









workshops

Saturday (cont.)

2:00pm - 3:00pm

-  **The War Is Over: Finding Freedom Through Forgiveness**
Dale G., Blixa C. **BARNUM**
-  **Service: The Secret Sauce of Recovery**
Gina B. **SHATTO CHAPEL**
-  **Rebuilding Your Social Circle: Healthy Relationships**
Paulo G. **AMANDA SCOTT**
-  **At Home in Your Body**
Delilah T., Gabby E. **FOUNDERS ROOM**
-  **Mental Health Matters**
Keith F., Kate J. **MUSIC ROOM**
-  **Hoy Voy Cambiar**
Mauricio G., Gustavo A. **CHOIR ROOM**
-  **Relapsing: Turning Setbacks Into Growth**
Steven M., Carlos B. **4TH FL PENTHOUSE**
-  **Healing Your Body Post Recovery**
Eric S. **GYM**

3:30pm - 4:30pm

-  **Reclaiming Desire: Building A Blueprint For Sexual Recovery**
Mell M. **BARNUM**
-  **Rebuilding Trust**
Phil R., Dave O., **SHATTO CHAPEL**
-  **Financial Fitness in Recovery**
Tony A. **AMANDA SCOTT**
-  **Emotional Sobriety in Action: Tune Out The Noise, Turn Up The Happiness**
John D., Jack I. **FOUNDERS ROOM**
-  **Grounding Practices for Stress Relief**
Theresa D. **MUSIC ROOM**
-  **Women & Femmes in CMA**
Sydney R. **CHOIR ROOM**
-  **Finding Home Sound Bath Meditation**
Sean W. **4TH FL PENTHOUSE**
-  **Crossing The Line**
Scott T., Dennis B. **GYM**

 **Emotional**

 **Physical**

 **Intersectional**

 **Service**

 **Relational**

 **Spiritual**

workshops

Sunday

8:00am - 9:00am

★ **Welcome home guided meditation**

Jeremy P.

4TH FL PENTHOUSE

▲ **11th Step Yoga**

Frankie M.

GYM

9:30am - 10:30am

▼ **Legacy**

Freddie C., Will H

BARNUM

● **Building Self Worth, Embracing Your Value**

Chantay M.

AMANDA SCOTT

♥ **Adventures in Sobriety**

Jose G., Will B.

FOUNDERS ROOM

★ **Letting Spirit Speak**

Abby S., Albert M.

CHOIR ROOM

Workshop Themes

● **Emotional**

Topics focused on the emotional growth opportunities as a sober individual.

■ **Intersectional**

Topics focused on the emotional growth opportunities as a sober individual.

♥ **Relational**

Learning how to build and navigate healthy social relationships in sobriety.

▲ **Physical**

Exploring positive and affirming ways to embrace our physical bodies.

▼ **Service**

Identifying ways to apply the principle of service into our recovery.

★ **Spiritual**

Creating a meaningful spiritual connection through healing recovery tools.