



WORKSHOPS

FRIDAY

6:00PM - 7:00PM

My First CMALA Convention
(Keith F. & Newcomer Liaison Committee)

3RD FLOOR LOUNGE

SATURDAY

8:00AM - 9:00AM
8:00AM - 9:00AM

Meditation (Jeremy P.)
Yoga (Quinn P.)

4TH FL PENTHOUSE GYM

9:30AM - 10:30AM

Privileges for Sale - DEI Workshop:
(Carlton R. & Marco V.)
Walking Through Fear
(Carrie W., Dixon P., & Nick B.)

BARNUM

9:30AM - 10:30AM

SHATTO CHAPEL

9:30AM - 10:30AM

Forgiveness & Freedom
(Sean F. & Tony A-G.)

FOUNDER'S ROOM

9:30AM - 10:30AM

Straight into CMA
(Dan B. & Rudy S.)

CHOIR ROOM

11:00AM -12:00PM

Drop The Rock
(Kathy A.)

BARNUM

11:00AM -12:00PM

"Butt Trusted Servants" - A Conversation About Sex and Kink in Recovery
(Stephen F. & Sterling W.)

SHATTO CHAPEL

11:00AM -12:00PM

TGI2S+ in Recovery
(Jase I. & Jazzmun C.)

AMANDA SCOTT

11:00AM -12:00PM

Sober Spender
(Patrick M.)

FOUNDER'S ROOM

11:00AM -12:00PM

BIPOC Workshop: "Molly, You in Danger Girl: When Survival Fear Becomes Spiritual Blockage"
(Ari U. & James P.)
Crossing The Line
(Freddie D. & Scott T.)

CHOIR ROOM

11:00AM -12:00PM

GYM

2:00PM - 3:00PM

Reclaiming Desire
(Mel M.)

BARNUM

2:00PM - 3:00PM

Sponsorship - Walking the Path Together
(Andrew B., Brock B., & Jeremy P.)

SHATTO CHAPEL

2:00PM - 3:00PM

We Belong: Couples Therapy for You and Your Inner Critic
(Jack I.)

AMANDA SCOTT

2:00PM - 3:00PM

Newcomer 101
(Daniel L., Noel B., & Rico M.)

FOUNDER'S ROOM

2:00PM - 3:00PM

Sober While API: Building Community, Belonging, and Recovery
(Jonathan W., Keith K., & Ron C.)

CHOIR ROOM

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

Identity Based
Recognizing and honoring multiple, overlapping identities in recovery.

Physical
Exploring positive and affirming ways to embrace our physical bodies.

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

Service
Identifying ways to apply the 12th principle of 'service' into our recovery.

Spiritual
Creating a meaningful spiritual connection through healing recovery tools.

3:30PM - 4:30PM

Ripple Effect
(Kathy A.)

BARNUM

3:30PM - 4:30PM

La Vida Después del Caos
(Florencia L & Edwin I.)
From Cruising to Connection: Friendship, Honesty, and Staying Sober
(Sean Patrick D. & Will N.)

AMANDA SCOTT

3:30PM - 4:30PM

FOUNDER'S ROOM

3:30PM - 4:30PM

Service Workshop
(Keith F. & Gina B.)
Women & Femmes in CMA
(Sydney R.)

MUSIC ROOM

3:30PM - 4:30PM

CHOIR ROOM

SUNDAY

8:00AM - 9:00AM

Guided Meditation
(Jeremy P.)
Yoga (Quinn P.)

4TH FL PENTHOUSE

9:00AM - 9:00AM

GYM

9:45AM - 10:45AM

Secular Recovery: "How to Work the Steps Without God"
(Bryan P. & Kris E.)
Intro to Al-Anon: "Am I A Double Winner?"
(Digby L. & Shawn E.)
Letting SPIRIT Speak
(Abbey S. & Albert M.)

AMANDA SCOTT

9:45AM - 10:45AM

FOUNDER'S ROOM

9:45AM - 10:45AM

MUSIC ROOM

Scan to Volunteer and Be of Service



Scan for Online Program App

