



Wednesday Workshop Series

Hosted by WA Area - District 13 AFG

From Survival to Recovery

Growing Up in an Alcoholic Home

**All Meetings are Wednesday
6:00-7:30 pm PST**

Zoom Meeting ID: 387-493-608
Password: 123456

<https://zoom.us/j/387493608?pwd=MjRUUllmdUEyaWlWcVI2d1dBeElMdz09>

+Dial by your location

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| +1 346 248 7799 US (Houston) | +1 646 558 8656 US (New York) |
| +1 669 900 6833 US (San Jose) | +1 301 715 8592 US (Germantown) |

Oct. 21 st	Our Many Faces
Oct. 28 th	Meetings as a Lifeline
Nov. 4 th	Learning to Trust, One Day at a Time
Nov. 11 th	Picking Up the Tools
Nov. 18 th	When Crisis Strikes
Nov. 25 th	Finding and Healing Shattered Faith; Steps 1-2-3
Dec. 2 nd	Realistic Acceptance of Responsibility; Steps 4-5-6-7
Dec. 9 th	Taking Action on Our Own Behalf; Steps 8-9
Dec. 16 th	Living Healthy Lives; Steps 10-11-12
Dec. 23 rd	Joy

Many of us in Al-Anon grew up in families affected by alcoholism. However, we do not always recognize the part this disease played in shaping us into the individuals we are today. Not suspecting that the experiences we had as children affect us as adults, is it any wonder we are bewildered when we find that our lives today are unmanageable. This workshop is about, shared by, and for people who grew up or lived in the shadow of alcoholism. Guest speakers share each week and the meeting is open for brief shares from members.