

DOORS OPEN AT 8:45

REGISTRATION

9:30-10:30 DOLLARS & SENSE IN RECOVERY ROOM A

MONEY MANAGEMENT AND
FREEDOM FROM FINANCIAL COMPULSION

MANAGING NEGATIVE THINKING WITH H.O.W. ROOM B

HONESTY, OPENNESS & WILLINGNESS: CHALLENGING AND REFRAMING NEGATIVE
THINKING TO DEEPEN SPIRITUAL WELL-BEING

TOOLS FOR NAVIGATING TRAUMA THEATRE

STRATEGIES AND METHODS TO HELP COPE WITH TRAUMA

*WORKSHOP WILL BE LED BY A NON-PROGRAMME PROFESSIONAL

10:45 - 11:45 CROSS ADDICTIONS IN RECOVERY ROOM A

OTHER ADDICTIONS AND FINDING SUPPORT IN OTHER RECOVERY GROUPS

FINDING YOUR HIGHER POWER ROOM B

LEARNING TO LEAD A SPIRITUAL LIFE

MINDFULNESS PRACTICE IN RECOVERY THEATRE

BUILDING AND PRACTICING MINDFULNESS

11:45 - 12:45 BREAK



1:00 - 2:00 BARRIERS TO RECOVERY :

FORGIVENESS, GRATITUDE AND ACTION ROOM A

EMBRACING THE TRANSFORMATIVE POWER
OF WILLINGNESS & TAKING ACTION

RECOVERY, SERVICE AND SPONSORSHIP ROOM B

DEVELOPING A BALANCED PROGRAM

SEEKING OUTSIDE HELP THEATRE

FINDING ADDITIONAL SUPPORT IN ADDICTIONS RECOVERY

2:15 - 3:15 TALKATHON ROOM A

OPEN SHARING

GUIDED MEDITATION THEATRE

3:45 - 5:15 SPEAKER, CLOSING CEREMONY & SOBRIETY COUNTDOWN THEATRE

