



## WORKSHOPS

### FRIDAY 2:15-3:30

#### ROOM: OROZCO

#### FEAR INVENTORY-CORE BELIEFS/Candice M

The Fear Inventory is one of the least discussed and one of the most powerful. We know that fears affect our spiritual vision. This interactive workshop offers an effective way to do a fear inventory and begin establishing a new belief system. One that will affect every area of your life.

#### ROOM: SIQUEIROS

#### RELATIONSHIPS/Angela J & Fraser B

Would you like to experience better communication and more joy in your relationships? We'll look at habits that undermine a deeper connection and discuss ways to heal and improve your relationships with a spouse, partner, children, friends and most important, with yourself. Couples and singles welcome. Please bring writing supplies and be prepared to dive into what gets in the way of creating and sustaining loving, joyful relationships.

Angela has authored three best-selling books and spoken to over 2,000 groups throughout North America. Fraser has worked in holistic healing practices for thirty years. Both are long-time members of AA. Angela is also in Al-Anon and Fraser is in NicA.

### SATURDAY 3:00-4:30

#### ROOM: OROZCO SPONSORSHIP/Karin B

Being of maximum service to others is the goal we all seek to attain. Frequent contact with newcomers and with each other is the bright spot in our lives. This panel will address successes, failures, challenges, and suggestions. Come prepared with questions you might have about sponsorship and walk away with some tidbits of information that might help you be the best sponsor you can possibly be.

#### ROOM: SIQUEIROS

#### HOW TO FIND HAPPINESS, JOY & FREEDOM: THE KEYS TO RULE 62/Arlene G

We all have days when we are not so happy, joyous and free. Sometimes these days can go on for weeks and months. How do we break the chains that hold us captive, and find true happiness, joy and freedom. Only come to this workshop if you are willing to apply the keys to not taking yourself too seriously. Please bring a pen & something to write on.