



Workshop Descriptions & Information for 2022 Spring Recovery Retreat

Workshops are alphabetized, not in order of start time.

PAGE 1 of 3

“3 Circles” LEADER: Cyntaya W.

Length: 90 minutes

The inner circle is often called your “bottom lines”, the middle circle behaviors are what brings you close to acting out, sometimes referred to as accessory behaviors, the outer circle is referred to as your “top line behaviors.” In this workshop you will receive direction and suggestions on defining these and create your own 3 circles. You will have the option to share or discuss if desired. If you have attended this before, it is worth a refresher. If you are new to this, we will help you expand on ideas or suggestions you may not have considered. This workshop will be offered on Saturday.

“Anorexia - Tools and Top Lines” LEADER: Ava H.

Length: 75 minutes

Is it safer to stay late at work or stay home than attend social events? Is it easier to stay single or engage in hook-ups than to navigate a relationship? Do you stay in sexually or emotionally unfulfilling relationships because you think you don't deserve better? You might have some degree of anorexia - the compulsive avoidance of intimacy in social, sexual & emotional arenas. We'll get things started with a spirited game of Anorexia Bingo. We'll then explore how anorexia infiltrates our lives in visible and not so visible ways. Lastly we'll share anorexia tools & top lines - touching on how some of them can deepen isolation. This workshop will be offered on Saturday.

“Emotional Release” LEADER: Michael S.

Length: 3 hours

This workshop will explore how untreated and unresolved early trauma almost always develops into addiction. This workshop will be limited to 6 participants; Ideally a mix of men and women. There will be two opportunities on Saturday to attend. This will be a very intense workshop on personal trauma and how it relates to addiction. For this reason it is a 3 hour workshop. Participants will experience emotional surgery and release. The safety of the participants is of utmost importance therefore once the workshop begins, no one else will be permitted to join. (we will have a signup sheet in the Chapter Room on Friday evening). **12 Step Meeting Topic: “Healing the Shame through Self Love & Compassion”** This is encouraged for all retreat participants, but highly encouraged for those who attend the Emotional Release workshop.

“Fantasy and Conflict - the Hidden Trigger” LEADER: Radha G.

Length: 75 minutes

Addictive fantasy is secret. When writers have a creative idea for a story, they write it down and then try to get it published. But what about all those times when someone fails to yield the right of way while driving, and we spend the rest of the day mentally punishing the perpetrator? or what about the times when we incessantly rehearse alternative endings to conversations? Addictive fantasies rarely get written down, yet they impact our inner peace and sobriety, on a daily basis. This workshop will empower attendees with mindfulness tools to break the loop of addictive fantasies that impact conflict, and the ability to stay present in life's journey. This workshop will be held on Saturday.

“Having Fun in Recovery” LEADER: Risa J. & Radha G.

Length: 90 minutes

Recovery can feel so draining and serious. During active addiction our fun may have existed only when getting a hit or acting out. In this workshop we will learn to get our body and voices moving with fun, laughter and expression. Join Risa and Radha as they give you some happiness and joy. Optional: Bring something fun to wear, such as a cool hat, tie, chunky earrings, cool glove. This workshop will be held on Saturday.

“Healing the Shame that Binds You with Sound” LEADER: Angelo R.

Length: 90 minutes

This title, Healing the Shame that Binds You is one that was used in the 1980's by a gentleman named John Bradshaw. The shame that he talks about in his work is one that all addicts struggle with throughout their addictive lives. To heal this emotional trauma is one that is very difficult for some and a battle for others. In this workshop we will be using one very powerful tool, Sound in order to transmute these feelings in order to let go of all that does not serve us. To get to the place where Sound is all there is. This workshop will be held on Sunday.



Workshop Descriptions & Information for 2022 Spring Recovery Retreat

Workshops are alphabetized, not in order of start time.

PAGE 2 of 3

“Higher Power Boot Camp” LEADER: Jon A.

Length: 75 minutes

Step two says "Came to believe in a power greater than ourselves can restore us to sanity." This doesn't say we have to identify who or what our Higher Power is. We just have to *believe*. We tried to control our life and situations during active addiction. We possibly pushed a belief or trust in anything (if we had) away. In this workshop we will discuss who or where you believe your higher power was at different times of your life. We will also work on finding a connection to anything greater than ourselves by practicing a two way prayer exercise. This workshop will be held Saturday.

“Journal Writing and Decorating” LEADER: Rochelle C.

Length: 75 minutes

Let's take a calming moment to be creative and reflect. The more we take pride in our journey, and look into ourselves, the easier the days ahead will come. In this workshop, we will read a passage so we can express ourselves in both writing and in art. You'll create a journal just for you. After writing your first entry, you'll use Mod Podge, magazine clippings or stickers to really make it your own. Journals and crafting materials will be provided. The leader will get you started, but the rest is up to you! (clean up required by participants when complete). This workshop will be offered on Saturday.

“Meeting Ourselves: The Journey of Withdrawal” LEADER: Jenny C.

Length: 75 minutes

The S.L.A.A Welcome pamphlet defines withdrawal as the physical, mental, emotional, and often spiritual upheaval which generally accompanies the break in our addictive pattern. Regardless of if you are in withdrawal, have had gradual withdrawal or been through it, we'd love to have you in this workshop. We will do some reading, sharing and writing on this subject as well as help define tools to get through the pain and discomfort. Please bring writing materials with you. This workshop will be held on Saturday.

“Shape Up Your Recovery in Thirds” LEADER: Steph C.

Length: 75 minutes

It has been said we are in balance if we have equal parts physically, emotionally and spiritually. In this workshop we will start off with a 15 minute warm up of learning moves for a 30 minute full body movement. It is absolutely alright if you've never worked out before, these are all standing, step and stretch moves to keep the blood flowing. After the cooldown, we will have some time to let the mind rest with some relaxing music to connect with our Higher Power for the spiritual connection. We will close the workshop with the emotional connection by sharing our experience. Sneakers, a towel and water are strongly encouraged for the physical activity portion of the workshop. This workshop will be held on Saturday.

“Sober Dating for Discussion” LEADER: Stephanie W.

Length: 75 minutes

Ever wondered what it takes to date and meet a person with whom you can develop a lasting relationship that supports what you have learned in recovery? Let's explore some ways for us to increase those chances! Topics covered include: loving ourselves authentically, assessing our own character defects that may prevent us from entering a healthy partnership, the importance of boundaries while starting the relationship, characteristics of healthy relationships, being aware of red and yellow flags, developing a dating plan. This workshop will be held on Saturday.

“Strengthening Sobriety Through Sponsorship” LEADER: Steve P.

Length: 90 minutes

Have you ever said to yourself, “Do I really need a sponsor?” Are you still searching for the perfect sponsor? What are some guidelines for a potential sponsor? Do you have trouble holding onto a sponsee? Sponsorship is valuable to both the sponsor and sponsee - it helps generate longer term sobriety as well as develop healthy emotional intimacy. Whether you are a sponsor, a sponsee or still searching, this workshop is right for you. All are welcome. We will learn from each other's experiences as well as get some insight from the draft literature of S.L.A.A.'s 12 & 12. This workshop will be held on Sunday.

“Tools to help you stay sober” LEADER: Joe O.

Length: 75 minutes

How do you stay sober? Learning healthy connections with others is essential to our sobriety. In this workshop, Joe will share some tools that have helped him and offer guidance for you to take home with you. Use of meetings, prayer, meditation and abstinence will be topics discussed. This workshop will be held Saturday.



Workshop Descriptions & Information for 2022 Spring Recovery Retreat

Workshops are alphabetized, not in order of start time.

PAGE 3 of 3

12 Step Meetings There are five meetings throughout the course of the weekend. Each meeting will have a chair and a basic format. Core documents and readings are all included in each attendees folder.

- Friday 8:15pm **TOPIC:** Getting Current
- Saturday 7:00am **TOPIC:** Morning Meditation
- Saturday 4:15pm **TOPIC:** Healing the Shame through Self love and Self compassion
- Saturday 7:15pm **TOPIC:** Speaker
- Sunday 8:45am **TOPIC:** Two Speakers