

# ***D***ISCOVERING ***C***HOICES

**Wednesday Workshop Series  
Hosted by WA Area, District 13**

**Wednesdays 6:00-7:30 pm PST**

**Zoom Meeting ID: 387-493-608**

**Passcode: 123456**

**<https://us06web.zoom.us/j/387493608?pwd=MjRUUljmdUEyaWlWcVl2d1dBeElMdz09>**

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|-------------|---|
| <b>3/9</b>  | 1 We Start from Where We Are                |
| <b>3/16</b> | 2 A Solid Foundation                        |
| <b>3/23</b> | 3 A More Positive Perspective               |
| <b>3/30</b> | 4 We Begin to Know Ourselves                |
| <b>4/6</b>  | 5 Recognizing that a Better Way is Possible |
| <b>4/13</b> | 6 Risks and Rewards                         |
| <b>4/20</b> | 7 Creating Balance within Ourselves         |
| <b>4/27</b> | 8 Learning by Example                       |
| <b>5/4</b>  | 9 Detachment with Love                      |
| <b>5/11</b> | 10 Choosing Happiness                       |

|             |   |
|-------------|---|
| <b>5/18</b> | 11 Through Prayer and Meditation                      |
| <b>5/25</b> | 12 In the Care of a Higher Power                      |
| <b>6/1</b>  | 13 Building Relationships through Service             |
| <b>6/8</b>  | 14 Twelve Traditions & Twelve Concepts                |
| <b>6/15</b> | 15 Al-Anon Literature as a Resource for Relationships |
| <b>6/22</b> | 16 Meaningful Relationships                           |

**Check us out on Facebook:  
“Al-Anon Wednesday Workshop Series”**