



# RECOVERY FROM THE HEART--

## HELPING WITHOUT ENABLING

Saturday, October 28, 2023

10 am to 12 pm

Workshop will be HYBRID!!! In person location is:

Universal Unitarian Church  
6380 Valley Pike  
Stephens City, VA 22655

Zoom Link: <https://us02web.zoom.us/j/85878813834?pwd=WVdzUGRrZW1pTjViNkI1RENMSHRYZz09>

Meeting ID: 858 7881 3834

Passcode: 003062

One tap mobile

+12678310333,,85878813834#,,,,\*003062# US (Philadelphia)

+13017158592,,85878813834#,,,,\*003062# US (Washington DC)

Dial by your location

- +1 267 831 0333 US (Philadelphia)
- +1 301 715 8592 US (Washington DC)
- +1 312 626 6799 US (Chicago)





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### WORKSHOP AGENDA

10:00-10:15	Open with Serenity Prayer and Introduction—Lisa R Preamble Steps Traditions
10:15-10:35	Speaker
10:35-10:55	Speaker
10 Minute Break	
11:10-11:40	Break-out Group Sharing
Close	Lisa R

