

OA WORKSHOPS!

Westchester United Intergroup presents a series of free workshops

Working and Living the OA Program

What will these workshops feature:

Workshops will feature a panel of speakers with sustained recovery; attendees will have the opportunity to ask questions of the panel. This will be followed by small breakout groups for discussion and sharing experience on member questions.

Who are these work shops for:

These 'how-to' workshops are designed for people wanting to kick their program into a higher gear, people wanting to better understand how to work the steps, people having trouble with food, people in relapse, people starting over, beginners, anyone wanting to hear about the OA recovery process.

When and where are these workshops being held:

Sunday afternoons, 2:00 pm – 5:00 pm

May 20, 2012	Developing a Plan of Eating*	Scarsdale Friends Meeting**
June 10, 2012	Steps 1 – 3	YWCA***
September 9, 2012	Steps 4 – 9	YWCA***
October 7, 2012	Steps 10 – 12	YWCA***
December 2, 2012	Sponsoring & Being Sponsored	YWCA***

* Speakers discuss different plans of eating.

** Scarsdale Friends Meeting (Quakers)
133 Popham Road (just off Rte 22 behind municipal building)
Scarsdale, NY

*** YWCA
515 North Avenue
White Plains, NY

For Information: Call Jeanette F. 914-428-3662 or Carol B. 914-484-2822