

*O*PENING OUR HEARTS TRANSFORMING OUR LOSSES

*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://zoom.us/j/387493608?pwd=MjRUUjJmdUEyaWlWcVl2d1dBeElMdz0>

Jan. 5 Chapter 1: Grief as a Process
Jan. 12 Chapter 2: Living with the Family Disease of Alcoholism
Jan. 19 Chapter 3: Loss of the Dream
Jan. 26 Chapter 4: Grieving for Our Childhood

Feb. 2 Chapter 5: Loss in Relationships
Feb. 9 Chapter 6: Death of a Loved One
Feb. 16 Chapter 7: Dealing with Our Feelings
Feb. 23 Chapter 8: Taking Care of Ourselves
March 2 Chapter 9: Spiritual Growth from Grieving

Check us out on Facebook: "Al-Anon Wednesday Workshop Series"