

Peaceful on Purpose

A virtual Al-Anon workshop, just in time for the holidays...

November 19th, 2022

9am-12pm



Zoom Information:

Meeting ID: [883 8260 3003](https://al-anon.org/join/88382603003)

Passcode: 691687

Workshop Details

What Do You Mean "Powerless Over Everything"?!

How steps 1, 2 & 3 can restore us to sanity

Serenity NOW!

What does serenity mean for you? Tools for checking in with yourself and prioritizing your serenity

Creating a Self-Care Account

Hope For Today p. 232 and other helpful readings and strategies for self-care

Giving Myself the Gift of Detachment

Experience, strength and hope with the Al-Anon Detachment handout

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