



e-WORKSHOP *series*

Every "2nd Sunday of the Month" 3-4:30pm

EDT until Nov 1 (UTC/ GMT -4)

EST Nov 1 to December (UTC/ GMT-5)

UPCOMING TOPICS

- 4/12 Spring Cleaning: Inventory & Appraisal
- 5/10 Utilizing an OA Toolkit in a Virtual World
- 6/14 Recovery through Grief and Traumatic Times
- 7/12 ACCEPTANCE is the answer to all my problems today
- 8/9 New Sponsor Workshop
- 9/13 19 Symptoms to Relapse
- 10/11 Demystifying the OA Service Structure
What is the inverted Pyramid?
- 11/8 Abstinence and Keeping It – the difference between abstinence and a plan of eating
- 12/13 Young persons in OA



VIRTUAL REGION WORKSHOP ROOM

<https://zoom.us/j/557696207>

One tap mobile:

+17207072699,, 557696207# US or
+16465588656,, 557696207# US (NY)

(Meeting ID: 557696207)



FOR MORE INFORMATION:

oavirtualregion.org/events/workshops/

email: (BJ) workshop@oavirtualregion.org (Carolyn) vicechair@oavirtualregion.org

Suggested workshop contribution \$5 oavirtualregion.org/region/seventh-tradition/