

Exciting News for All of Us Working On Meaningful & Sustained Recovery In SLAA



2nd of 3-Part Workshop Series

Randy B, drawing upon his many years of experience in SLAA and as a mental health professional who has worked closely with Pia Melody and others in the recovery field, is sharing his experience, strength and hope in recovery from sex and love addiction in a series of three talks. This 3-part sequence is built on the model shown in Step 5: connection with our HP, with ourselves, and ultimately with others. This sequence is interwoven throughout the three topics.

The first talk was on January 30th, 2021 – see the link below for the recording. **The 2nd in our 3-part series will be hosted on Zoom on Saturday March 13th at 3 pm Pacific Standard Time. Please plan to attend even if you weren't able to attend the first talk of the series.**

These events are not lectures, but **interactive sessions** that will engage us in the development of our individual action plans to strengthen our recovery. After his talk, there will be small group breakout discussions where we can process what we heard, as well as the chance to ask Randy questions.

TOPIC 2 (March 13th): CODEPENDENCY This session will focus on defining codependency and its role in our lives, and identifying practical tools to lessen its hold on us and emerge from the shadows into the sunshine of the Spirit.

TOPIC 3 (date TBA): DEALING WITH FEARS AND RESENTMENTS EFFECTIVELY This involves deepening our empathy for others and finding ways to move from fears and resentments towards compassion and, ultimately, forgiveness.

Follow Up Practice & Support Meetings: On the **Tuesdays following** each workshop there will be follow-up meetings devoted entirely to building on Randy's presentation, starting at 6:30 pm PST and ending at 7:45 pm. We will also provide **worksheets** designed to help with developing action plans and using accountability partners in our recovery.

To access the March 13th Workshop and subsequent sessions in the series, please PRE-REGISTER with your first name and email at:

https://us02web.zoom.us/meeting/register/tZAtduihqDMqG92MCqzL2rn-A_NABOH8Dre5

Meeting ID: 840 1196 8019 Passcode: 1212

**If you are using a phone, enter the meeting by dialing:
+16699009128,,84011968019#,,1212#**

Or find your local number here: <https://us02web.zoom.us/j/kcbPOWmdrX>

You will be able to use the same Zoom for the Tuesday follow-up meetings rather than the Zoom address which is customarily used for Tuesday. This meeting will be in place of the regular Tuesday Monterey co-ed meeting.

To download the Zoom app for your computer or tablet/iPad, go to:

https://zoom.us/download#client_4meeting

and download **ZoomInstaller.exe**

For iPhone: <https://itunes.apple.com/us/app/id546505307>

For Android phones: <https://play.google.com/store/apps/details?id=us.zoom.videomeetings>