

WELCOME ROOM FRIDAY AGENDA NOON - 8 PM

TOPIC	CHAIR	SPEAKER / PANEL	DESCRIPTION
NOON - 1 PM What is Recovery? Freedom from Alcoholism	Dylan W.	Ray C.	A long standing and active member of AA will share what it was like, what happened, and what it's like now that he has many years of contented sobriety and is free of the want or need to drink.
1 - 2 PM SOBER AF – Recovery in the 1st Year	Andrew W.	Allyson R. / Nicole K. / Kat O.	Early recovery can be difficult time but can also be beautiful! This panel of members who are just beginning their journey will share what early recovery looks and feels like one day at a time.
2 - 3 PM Living Free - Recovery is Possible	Chris C.	Rob V.	A long standing member is going to share on all the extreme highs and lows which took him to the darkest of places only to emerge on the other side a changed man enjoying long-term contented sobriety.
3 - 4 PM AA in Treatment Centres & Sober Living	Peter R.	Andrew M.	Treatment Centres and Sober/Supportive Living can be a part of early recovery. Andrew M will share his experience, strength, and hope about how these can be a support vehicle connecting people in early recovery to the program and fellowship of Alcoholics Anonymous.
4 - 5 PM Stopping Drinking is but a Beginning - Growth outside the rooms as a result of contented sobriety	John G.	Catherine M. and Mike B.	This panel of members with extended sobriety will speak of how dreams can come true in all aspects of our lives outside the program when we get well. From traveling the world performing and organizing hip-hop shows to developing disruptive industry apps following your dreams is what this panel is all about!
5 - 6 PM Mental Health and 12 Step Recovery	Michael S.	Oscar C.	Many people who seek help through AA and the 12 steps also suffer from mental health issues which can complicate recovery. Oscar C. will share his experience, strength, and hope on this.
6 - 7 PM A design for Living	Eric S.	Joe T.	In AA Literature the 12 steps are also referred to as "a design for living". Joe T will share his experience strength and hope on how life can get so much better through the practice of these steps and principles.
7 - 8 PM Being A Part of - Diversity in Sobriety	Steven P.	Nanook G.	With an estimated membership of over 2 million people globally, AA membership has never been more diverse since it's inception in 1935. Nanook G will share their experience strength and hope on how they found recovery in the rooms.

WELCOME ROOM SATURDAY AGENDA 10 AM TO 5 PM

TOPIC	CHAIR	SPEAKER / PANEL	DESCRIPTION
10 - 11 AM Sponsorship: Just another drunk but with a solution	Alam M.	Dave W.	Helping a still-suffering alcoholic through the 12 steps of recovery as they are outlined in the Big Book of Alcoholics Anonymous is one of the pillars of recovery in AA. Dave W will share his experience, strength, and hope on this process and how a practical program of action can effect incredible positive change.
11 - NOON The Dr's Opinion - Big Book Interactive Workshop	Rick R. and Linda R.		Rick and Linda will run this interactive workshop on the problem of Alcoholism as it is outlined in the Dr's opinion found in the Big Book of Alcoholics Anonymous. This interactive workshop promises to be informative and engaging!
12:15 - 1:15 PM Spiritual Experience: We can heal, sometimes quickly sometimes slowly	Ernest J.	Jeanette E.	Many members who are freed of the obsession to drink through the process of the 12 steps of Alcoholics Anonymous undergo an absolute transformation in how we see ourselves, the world around us, and others. Jeanette E. will share firsthand how profoundly this change has affected her and brought joy to her life.
1:15 - 2:15 PM Relationships in Sobriety	Ben H.	Ali G. & Sean L.	When we are drinking all of our relationships are deeply affected but those who are closest to us can feel the brunt of our most selfish actions and worst defects of character. Once we are sober and well however healthy intimate relationships can be beautiful additions to a once lonely life. Ali G. and Sean L. will share on this.
2:30 - 3:30 PM Acceptance is the answer - Getting through difficult times in both early & long-term recovery	Dan S.	Kelly L. C. & John M.	Although achieving contented sobriety can improve life drastically, challenges never stop presenting themselves. This panel of people in their first year and longer-term sobriety will share on how they have gotten through these trying times without turning to drink.
4 - 5 PM The importance of a Home group	Tomas	Ari K.	Connecting with other members of the recovery community in meetings is a huge benefit of AA. Ari K will explain it's impact on his life when he first moved to Canada and how it helped him to create friendships and stay sober through a huge transition so he could carry on building a new life.