

Mind Your Manners

Mind Your Recovery

Practical tools for healthier meetings, relationships, and recovery.

WORKSHOP TOPICS

- Meeting etiquette & welcoming newcomers
- Respectful sharing without cross-talk
- Big Book recovery vs. personal opinion
- Sponsorship, boundaries & confidentiality
- Avoiding gossip and “13th stepping”
- Emotional sobriety, humility & accountability
- Respectful disagreement & communication
- Living the principles at home, work & in service
- Kindness, courtesy & follow-through



Saturday, June 27
9:00–11:00 a.m.



Global Connections Church
205 Main Street,
Spruce Grove



Facilitated by Lynn C.

Coffee, tea, water & snacks provided

Contact Julie D. 780-994-1258 for more information

DISTRICT 10 WORKSHOP