

WORKSHOPS

12 STEP: FAITH AND COURAGE: "Fear knocked at the door. Faith answered. No one was there..."

12 STEP: POWERLESSNESS: "We've made the admission and done the work; how does step one pertain to our recovery "post admission?"

12 STEP: WILLINGNESS: "This workshop offers tools to recognize when you are in self-will and how to get back into God's will."

12 STEP: APOLOGY VS AMENDS VS FORGIVENESS: "How are these three processes related and how are they different. Come learn how 8 and 9 can restore your broken relationships?"

12 STEP: MAINTENANCE: "Are you enjoying your 9th step promises? Great! Let's make sure you get to keep them by doing some maintenance."

12 STEP: SPIRITUAL OPPOSITES: "When you can't get rid of a defect just transform it by finding its spiritual opposite We'll show you how!"

EMOTIONAL WELLNESS: AUTHENTICITY: "Learn how being authentic is about shedding, not collecting"

EMOTIONAL WELLNESS: IDIOT COMPASSION & TOXIC POSITIVITY: "Learn how to tell your friends, family and loved ones how you really feel without losing them"

EMOTIONAL WELLNESS: COMMUNITY AND FELLOWSHIP: "Community leaders shares about how community could save your life."

EMOTIONAL WELLNESS: RECOVERY, RELATIONSHIPS & RADICAL HONESTY: "Multiple partners? No big deal! Just don't be an asshole Come to this workshop and learn how to be an ethical slut!"

EMOTIONAL WELLNESS: RULES VS BOUNDARIES: "Rules are great for groups and boundaries work well for individuals. Come learn how to set and hold them."

EMOTIONAL WELLNESS: TOOLBOX/APPLYING THE TOOLS: "The tools will never serve you if you don't know how to use them. Let's put what you've learned into action!"

EMOTIONAL WELLNESS: TRUST ON THE SPECTRUM: "Trust is both valuable and delicate Its also complicated and diverse. This workshop discusses "trust" best practices."

NORMIES WHO SUPPORT US: "Normies" Who Support Us dives into the wild, wonderful, and sometimes wobbly dynamics between gay men in recovery and their non-addict partners—because loving across the sober/not-sober divide takes humor, heart, and a whole lot of honest conversation.

SET YOUR INTENTIONS: "A fourth dimension tradition that allows you to metaphorically and literally set your intention for the conference."

TRUDGING BUDDIES: COMMUNITY AND FELLOWSHIP: "This emphasizes the importance of fostering connection and community in recovery while identifying and addressing the barriers that may hinder progress."

WHEEL OF FORTUNE: "Spin the wheel, land on a surprise topic, and share from the heart— this outrageous recovery game show dishes out wild topics, unfiltered honesty, and belly laugh you didn't know you needed!"

WORKSHOP LEADER WELCOME: "A time for all of our workshop leaders to be introduced to one another and receive instructions for how and when to run their workshops."

WELLNESS

FLOWER POWER HOUR: Time to get creative and put your best flower forward as we create centerpieces for this year's banquet. Limited to twenty-six spots so sign up for this....

GRATITUDE HIKE: More than a hike—it is an annual celebration of gratitude, resilience, fellowship, and the freedom found in recovery.

ICEBREAKER-THE FOURTH DIMENSION CHALLENGE: Our signature kickoff icebreaker activity, the Fourth Dimension Challenge transforms strangers into brothers through teamwork, friendly competition, and the fourth dimension of recovery

TRUDGING BUDDIES FUN RUN: Lace up and join us for an easy, flat 5K with good people, good vibes, and plenty of gratitude along the way!

WATER AEROBICS: Dive in the pool for an hour of fun water aerobics. A highlight every year and not to be missed!!!

SCAN FOR ONLINE SCHEDULE

