

SLAA CONVENTION TIMETABLE: SATURDAY 4th JANUARY 2020

TIME	KENNEDY HALL	TREFUSIS HALL	STORROW HALL	COMMITTEE ROOM
9.15am	DOORS OPEN FOR REGISTRATION			
10.00 - 10.50	Fellowship: the end of isolation	Anorexia (meeting)	Higher Power: what it means to you	Service: freedom from the bondage of self
11.00 - 11.50	Exploring healthy relationships in recovery	Anorexia (workshop)	People of Colour meeting	Sponsorship: building honest relationships
12.00 - 1.30	Intergroup Heart Group on Service Followed by our guest speaker from Canada, Rita H: 'The Courage to Change' (Kennedy Hall)			
1.30 - 3.00	LUNCH			
3.00 - 3.50	Overcoming fantasy	Step 4 (meeting)	Women's meeting	Men's meeting
4.00 - 4.50	LGBTQ meeting	Step 4 (workshop)	Love and Gratitude	Parenting in Recovery
5.00 - 6.00	Guest speaker: Adrianna 'Spirituality and the Language of 12-Step Recovery' (Kennedy Hall)			
6.00 - 7.00	CLEAN UP			

(Please see next page for information on literature, fellowship, and the café menu)

SLAA CONVENTION TIMETABLE: SUNDAY 5th JANUARY 2020

TIME	KENNEDY HALL	TREFUSIS HALL	STORROW HALL	COMMITTEE ROOM
11.30am	DOORS OPEN			
12.00 - 12.50	Steps 1-3: Letting go and letting God	Steps 4-5: Seeing ourselves and being seen	Steps 6-7: We are works in progress	Steps 10-12: Living in the solution, one day at a time
1.00 - 2.30	Guest speaker: Rita H, 'The Courage to Change' (continued) (Kennedy Hall)			
2.30 - 3.30	LUNCH			
3.30 - 4.20	What is healthy sexuality?	Steps 8-9 (meeting)	Sexuality and ageing	Young people's meeting
4.30 - 5.20	Rebuilding relationships in recovery	Steps 8-9 (workshop)	Sober dating in recovery	Top lines: nurturing ourselves and others
5.30 - 6.00	Closing meditation by Rita H (Kennedy Hall)			
6.00 - 7.00	CLEAN UP			

INFORMATION AND LITERATURE:

You will find the SLAA literature and Inspiration Line stands in Kennedy Hall. There will also be Anorexia Specific literature stand in the Entrance Hall

FELLOWSHIP:

The bar and cafe downstairs is available all day for fellowship and breaks.

(Please note that the venue no longer provides plastic cups for the water fountain, so kindly bring your own reusable water bottles.)

MENU OF FOOD AND DRINK AVAILABLE AT THE DOWNSTAIRS CAFÉ:

- * Coffees, teas, herbal teas, soft drinks
- * Pastries and home-made cakes and cookies
- * Vegetarian or vegan home-made soup with crusty bread
- * Sandwich selection, three-cheese tarts and homemade sausage rolls
- * Hummus pots with corn tortilla, cucumber, carrots and celery (Vegan)
- * Fruit pots

(This is a guide menu at time of printing)