

2010 SPRING ALUMNI MEETING

The Farley Center
at Williamsburg Place
5477 Mooretown Road
Williamsburg, Virginia 23188

Main Number
(877) 389-4968

24/7 ACCESS FOR ALUMNI
(800) 582-6066

Friday, April 23, 2010

- 3:00 pm - 4:00 pm Alumni Reception (Farley Hall)
4:00 pm - 5:00 pm Small Groups
6:00 pm - 7:30 pm Alumni Dinner (\$20.00 per person)
Music by George Walsh ;
Hospitality House
415 Richmond Road
7:30 pm - 8:30 pm 12 Step Meeting

Saturday, April 24, 2010

- 9:00 am - 9:30 am Registration and Fellowship
Continental Breakfast;
(Hospitality House)
9:30 am - 9:45 am Welcome & News (Stephanie Loebs)
9:45 am - 10:00 am Break
10:00 am - 11:00 am Breakout Sessions (1) – Pick one

Alumni Sessions

Music in Recovery

Reclaiming music as a way to communicate with the inner self, utilizing lyrics and songs; explore using music as a recovery tool.

Mandala Recovery Journals

Focus on learning to let the right side of the brain “speak”; part of what the Big Book describes as intuition. Utilizes drawing mandalas as a type of journaling.

Learning to Live in Sober Bodies

Learning to read physical sensations.

Relapse Prevention Revisited

Identify relapsive thoughts and triggers, keeping a focus on continually moving toward recovery.

Family Session – Co Dependency: Healing Beyond the Crisis

Recovery in the family, separate from the addict/alcoholic’s recovery.

- 11:00 am - 11:15 am Break
11:15 am - 12:15 pm Breakout Sessions (2) – Pick one

Repeat Alumni Sessions

Family Session: Family Systems

Review how the family system changes in the recovery process, and how to help yourself and your children with this shift.

- 12:15 pm - 1:00 pm 12 Step Appreciation Lunch
Open Mic – Celebrations & Birthdays
George Walsh – Musician
1:00 pm - 2:00 pm 12 Step Meeting

Registration & Hotel

Please Register by Wednesday, April 21, 2010
at www.farleycenter.com under Events.

Hotel Accomodations

A block of rooms has been reserved at the
Hospitality House (757)229-4020 for April 23.

For more information, please contact

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