

Recovery Essentials

(How to Get and Stay Sober)

SA Watchung and SA NJ Intergroup presents this mid-day workshop for those who wish to share their experiences, strength and hope, and to learn and hear of the struggles and triumphs of others. We promise openness and the fulfillment of the promises of a “We” program.

Date: Saturday, February, 20, 2010
 Time: 10AM to 2PM
 Place: Wilson Memorial Union Church, Hillcrest Road, Watchung, NJ 07069
 (Directions Below)
 Fee: 7th Tradition only



For more information contact:
 Carl S @ 908-642-1051
 Don B @ 908-432-7816

Program

9:00 -10 AM	Register and Sign in Table – SA Literature Table available	
10:00 -10:15 AM	Opening, Prayer, Overview of Program and Logistics for the day, 7 th Tradition	Main Hall
10:15 -11 AM	Keynote Speaker	Main Hall
11:00 – 11:15 AM	Break – Snacks	Main Hall
11:15 -12:15 AM	Breakout Sessions 1 and 2	
	○ Breakout Session 1 – Getting Sober	Room ____
	○ Breakout Session 2 – Staying Sober	Room ____
12:15 – 12:30 PM	Break – Snacks	Main Hall
12:30 – 1:30 PM	Breakout Sessions 3 and 4	
	○ Breakout Session 3 – When I Need Help.....	Room ____
	○ Breakout Session 4 – When Others Need Help	Room ____
1:30 – 2:00 PM	7 th Tradition and Closing	Main Hall

Directions to Wilson Memorial Union Church

From 78 East - Exit 40. Make right onto Hillcrest Road.
 From 78 West - Exit 40. Make left onto Hillcrest Road
 Church is 1 mile on left.
 From 22 East – Right to Watchung/VA exit in North Plainfield, then right to overpass Rt22 to traffic light - turn left *
 From 22 West – Right to Watchung/VA exit to traffic light – go straight *
 (*) Directions from traffic light - 1.2 miles to circle. Take 1st right off circle, then an immediate left onto Hillcrest Road. Church is immediately on the right. Parking lot is third entrance on right.