This workshop outlines a suggested program path for those that desire to achieve their recovery goals and are willing to do the work that it takes to get there.

Recovery is a personal choice that is not compulsory, not a requirement nor mandatory. It cannot be demanded or forced upon anyone that does not want to change or recover from her/his unwanted circumstances. Recovery takes a leap of faith that offers no guarantees or benefits that can and will make life more meaningful and worthwhile for perhaps the first time in life’s experiences.

The Al-Anon tools of recovery offers a way out of the dilemma/bottom that leads us into the rooms, and lights up the way for those who still suffer. Once the decision to recover is made and placed into action, the tools of recovery will lead you to living a life beyond your wildest dreams.