



Wednesday Workshop Series

Hosted by WA Area - District 13

Intimacy in Alcoholic Relationships

A Collection of Al-Anon Personal Stories

Wednesday 6:00-7:30 pm PST

Zoom Meeting ID: 387-493-608

Passcode: 123456

<https://zoom.us/j/387493608?pwd=MjRUUWJmdUEyaWlWcVl2d1dBeElMdz09>

+Dial by your location

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April 7 th	Alcoholism and Intimacy
April 14 th	Building and Rebuilding Trust
April 21 st	Communicating Clearly
April 28 th	Negotiating Boundaries
May 5 th	Spiritual Solutions
May 12 th	Expressing Gratitude

When confronted with the idea of intimacy, many of us stop short. Intimacy, as we come to learn in Al-Anon, is not exclusively sexual, but rather includes feelings of closeness, safety, connectedness, and trust. Each of us may experience intimacy in our relationships with others, with ourselves, and with our Higher Power. The effects of alcoholism, however, can stand between us and others, affecting our ability to experience closeness in relationships in a healthy way.

It is not a terribly common topic for a meeting, so we are excited to bring back this popular workshop. Please join us each week as our guest speakers share on a variety of topics outlined in Al-Anon's CAL "Intimacy in Alcoholic Relationships" (B-33).