



SATURDAY FEBRUARY 25, 2023

SCHEDULE

2023 TORONTO SAA CONFERENCE

8:30AM - 9:00AM

REGISTRATION

9:00AM - 9:30AM

OPENING

Narthex Main Room
Before Sanctuary

Conference opening with Stefano, guided meditation, and band performance.

9:30AM - 10:15AM

KEYNOTE SPEAKER: JOE D. from Prescott, Arizona

10:15AM - 10:30AM

FELLOWSHIP AND BREAK

Snacks and refreshments provided

10:30AM - 11:30AM

CONFERENCE SESSIONS: PERIOD I

(3 concurrent sessions)

Narthex Main Room
Before Sanctuary

RELATIONSHIPS IN RECOVERY with Irene M. and Marc

The courage to change our old, maladaptive behaviours in relating to another human being is key to healthy relationships.

A workshop on building and maintaining a healthy romantic relationship in recovery. How we incorporate the lessons learned in our 12-step program to our relationship: honesty, trust, intimacy, compassion, spirituality, healthy boundaries, making amends, overcoming shame, listening, putting your relationship with your Higher Power first, and always putting your recovery first.

Grosvenor Room

BOUNDARIES with David F.

It takes courage to recognize that saying no or establishing boundaries is not something we should feel guilty about. It is a sign of healthy recovery.

Many of us grew up in an environment where clear boundaries did not exist; in particular respect for our emotions, opinions and bodies was not present.

This is an interactive and conversational workshop that will help us:

- 1) Recognize if we have weak boundaries in our lives.
- 2) Understand the 5 types of boundaries.
- 3) How to establish healthy boundaries.

Yonge Room
3rd Floor

ACCEPTANCE with Chris C.

The courage to change the things we can goes hand in hand with acceptance of what cannot be changed.

Acceptance is key to peace. Peace, and serenity in turn are the keys to sobriety and a better life. To recover from addiction, we must learn to accept not only our defects and past behaviour but many (if not all) things that occur around us. This does not mean we have to condone or support things we do not like. We must, however, learn to pick our battles in order to manage resentment and stay happy, joyous, and free, as our Higher Power would want it.

11:30AM - 12:45PM

FELLOWSHIP AND LUNCH

12:45PM - 1:00PM

RE-OPENING

Conference check-in and band performance.

1:00PM - 2:00PM

CONFERENCE SESSIONS: PERIOD 2

(3 concurrent sessions)

Narthex Main Room
Before Sanctuary

INNER CHILD with Mark Y. and Ahmed

Getting in touch with one's inner child is tough work, but it is something we CAN do to finally process the emotions arising from childhood traumas that lead to addictive behaviour.

Mark and Ahmed will review inner child literature and link to addiction. Creative activities will be presented that allow participants to connect with their inner child. The workshop will be opened up for discussion and close with a commitment to our inner child.

By using a number of different techniques, it is possible to get in touch with our inner child and satisfy some of their fundamental needs that were not met in childhood.

This is both courageous and powerful in promoting sobriety and continued recovery.

Grosvenor Room

LETTING GO (SHAME) with Kye F.

Practical guide to look at what it is within our realm of control, separating truth from false beliefs.

Kye will share some of his story and talk about what he learned from letting go of shame:

- 1) Getting help.

- 2) Challenging the shame.
- 3) Setting positive goals based on humanity, humility, autonomy, and competence.
- 4) Reviewing progress regularly.

Yonge Room
3rd Floor

POST 12 STEPS with Pat G.

Pat will look at the courage required for working the 12 steps on an ongoing basis, to seek a spiritual awakening, the courage required to act into the steps, and the courage required to continue working the steps, be of service, and to trust our Higher Power,

The workshop reflects Pat's journey of moving from a fear-based sobriety based dependent on playing the acting out tape forward to a serenity and peace-based sobriety.

2:00PM - 2:15PM

FELLOWSHIP AND BREAK

2:15PM - 3:15PM

CONFERENCE SESSIONS: PERIOD 3

(3 concurrent sessions)

Narthex Main Room
Before Sanctuary

OUTER CIRCLES with Damian N. and Francois T.

The goal is to help people find the "courage" to try new activities. The aim is to show people they have the ability to transform their lives in ways they never thought possible.

Outer Circle behaviours have the power to enhance our life, our recovery, and our spiritual connection. However, coming up with a detailed list of activities that help bring meaning, fulfillment, serenity, and joy into our lives can be a daunting task.

This workshop will challenge participants to examine their own outer circle and push them to "think outside of the box" to find new activities, interests and behaviours that could transform them in ways they never thought possible.

Francois and Damion will use personal examples of how they tapped into unrealized interests and included them into my outer circle.

Grosvenor Room

HOW TO STAY SPIRITUALLY FIT with Jules C. and Antonella

Many who are new to the program find it very challenging to believe in God, let alone to trust and relinquish control. It takes courage to surrender all areas of our life to our Higher Power.

How to stay spiritually fit?

- 1) What was your relationship with God like before you entered the program compared to now?
- 2) Was it easy to turn your will over to God or was it challenging? STEP 3

- 3) In this workshop, we will also have an open discussion about ways we can improve our conscious contact with God and ways to practice our spiritual fitness. STEP 11

Yonge Room
3rd Floor

STEP 12 with Joe D.

Sponsorship – In order to keep what I have; I have to give it away. Sponsorship helps me stay sober and help others. Which is the primary purpose of SAA recovery. It takes courage to reach out, yet it brings change to me, others.

3:15PM - 3:30PM

FELLOWSHIP AND BREAK

3:30PM - 4:30PM

HOW IT WORKS with Chris B.

Narthex Main Room
Before Sanctuary

Chris will facilitate a conversation asking panelists to discuss what it was like before, what happened once they got here to SAA, and how panelists today regularly apply program.

Panel Members:

- 1) Bela B.
- 2) Feyi O.
- 3) Jessa K.
- 4) Michael B.
- 5) John G.
- 6) David O.

4:30PM - 5:00PM

CLOSING

Narthex Main Room
Before Sanctuary

Closing readings, band performance, and meditation.

5:00PM - 7:00PM

FELLOWSHIP AND DINNER

Sambucas

Join us for fellowship and dinner!

[Sambucas](#)

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