

It Works If You Work It

DAY 1 - Saturday 12th September 2026

Room Name	Kennedy Room (Ground Floor)	Trefusis Room (Lower Ground Floor)	Karpeles (Lower Ground Floor)	Storrow (Lower Ground Floor)	Committee Room (Top Floor)
09:15	Registration Open (no sessions)				
10:00-11:00	God Shots	Doing It By The Book: Big Book Recovery	Create A Dating Plan - WORKSHOP	Working Recovery In More Than One Fellowship	GUIDED MEDITATION 30min
11:15-12:15	Healthy Sexuality in Sobriety for Addicts & Anorexics	H.O.W. It Works: What Is The H.O.W. programme?	Let's Pray! 2 Way Prayer WORKSHOP	Making Amends - WORKSHOP	Writing It Out - A Journalling WORKSHOP
12:30-13:30	Key Note Speaker (Chris)				
13:45-14:45	Lunch				
15:00-16:00	Sober Dating: – CHAIRS & Q&A	Finding the God Connection: Making Space for HP	Inventory To Freedom - STEP 4 WORKSHOP	People of Colour In SLAA	
16:15-17:15	Inside Sober Relationships - CHAIRS & Q&A	Taking The Fear Out Of Outreach And Finding Recovery Through Connection - WORKSHOP	How to Sponsor WORKSHOP	Using SLAA Traditions to Find Serenity In Everyday Life	BREATHWORK MEDITATION 30 mins
17:30-18:00	CLOSING CEREMONY				
18:15-21:00	SLAAbaret & Evening Fellowship				

DAY 2 - Sunday 13th September 2026

Room Name	Kennedy Room (Ground Floor)	Trefusis Room (Lower Ground Floor)	Karpeles (Lower Ground Floor)	Storrow (Lower Ground Floor)	Committee Room (Top Floor)
09:15	Registration Opens(no sessions)				
10:00-11:00	Surrendering: Let Go And Let God	Build A Bridge To Normal Living	Working The Anorexia Steps - Chairs & Q&A	AI and Sex & Love Addiction	MINDFUL MEDITATION 30 mins
11:15-12:15	Freedom from Fantasy	Coping With Withdrawal - WORKSHOP	From Service To Serenity	So You Want To Start A New Meeting? WORKSHOP	Grace & Unity in person meeting
12:30-13:30	Key Note Speaker (Mira)				
13:45-14:45	Lunch				
15:00-16:00	Beyond Anorexia: Taking Healthy Risks CHAIRS & Q&A	Dropping Defects & Acquiring Assets WORKSHOP	Top Lines for Transformation WORKSHOP	Co-Dependency vs Sober Intimacy	YOGA NIDRA MEDITATION 30 mins
16:15-17:15	Break Ups, Heartache & How To Handle Them	Finding a Sponsor WORKSHOP	Neurodivergent Recovery Journeys	People of Colour In SLAA	
17:30-18:00	CLOSING CEREMONY				