

Friday 26th August

Saturday 27th August

Sunday 28th August

S-Anon Convention Timetable

26-28 August 2023

S-Anon Room

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7.00am
7.30am
8.00am
8.30am
9.00am
9.30am
10.00am
10.30am
11.00am
11.30am
12.00pm
12.30pm
1.00pm
1.30pm
2.00pm
2.30pm
3.00pm
3.30pm
4.00pm
4.30pm
5.00pm
5.30pm
6.00pm
6.30pm
7.00pm
7.30pm
8.00pm
8.30pm
9.00pm
9.30pm
10.00pm

Registration Begins

Settling in, refreshments, introductions

FREE TIME/ SHARED ACTIVITIES

Convention Ends

Closed S-Anon - Check-in and Shares

Joint S-Anon Couples Meeting

DINNER

DINNER

Joint Meeting - Our Lives Had Become
Unmanageable

Joint Entertainment

BREAK

BREAK

Closed S-Anon Self Care with Boundaries

BREAKFAST

Joint Meditation

Closed S-Anon - Steps 1,2,3 (also on ZOOM)

BREAK

Closed S-Anon Detachment with Love (ZOOM)

LUNCH

BREAKFAST

Closed S-Anon meditation

Closed S-Anon - Steps 4,5,6 (also on ZOOM)

BREAK

Joint - The gifts "We Will be Amazed"

LUNCH