



e-WORKSHOP series

Every "2nd Sunday of the Month"

3-4:30pm EST (-5HR GMT)

VIRTUAL REGION WORKSHOP ROOM

- 1/12 Newcomers
- 2/09 Men in OA
- 3/08 Body Image
- 4/12 Spring Cleaning: Inventory & Appraisal
- 5/10 Utilizing an OA Toolkit in a Virtual World
- 6/14 Recovery through Grief and Traumatic Times

<https://zoom.us/j/557696207>

One tap mobile:

+17207072699,, 557696207# US or

+16465588656,, 557696207# US (NY)

(Meeting ID: 557696207)

Arrive 10 min. early for basic zoom online orientation tips!



Come together once a month for rotating topics, speaker qualifications, brainstorming and sharing ideas that WORK!

FOR MORE INFORMATION:

oavirtualregion.org/events/workshops/

[\(B.J\)workshop@oavirtualregion.org](mailto:(B.J)workshop@oavirtualregion.org)

[\(Carolyn\)vicechair@oavirtualregion.org](mailto:(Carolyn)vicechair@oavirtualregion.org)

Suggested workshop contribution \$5

oavirtualregion.org/region/seventh-tradition/