

Step Workshops:

1. Road worthiness: Willingness, Honesty and Open-mindedness: Steps 1-3;
2. Overhaul/Body Shop: 4th-7th Steps;
3. Repair Shop: 8th and 9th Steps;
4. Maintenance: 10th/11th Steps; and
5. Travel Destination: Spiritual Awakening-Step 12

Spiritual Workshops:

1. Looking the World in the eye: Spiritual Living is not living in the clouds;
2. Getting our own house in order: Can we learn to be alone in perfect peace and happiness.

Theme Workshops:

1. Riding without a seatbelt or helmet: learning to recognize and treat self-destructive behaviors in recovery.