

\$35.00 in advance
\$45.00 at the door

Friday, March 20
10:00 am - 2:00 pm

11:30 am - 12:30 pm break.
Self-serve salad bar available.

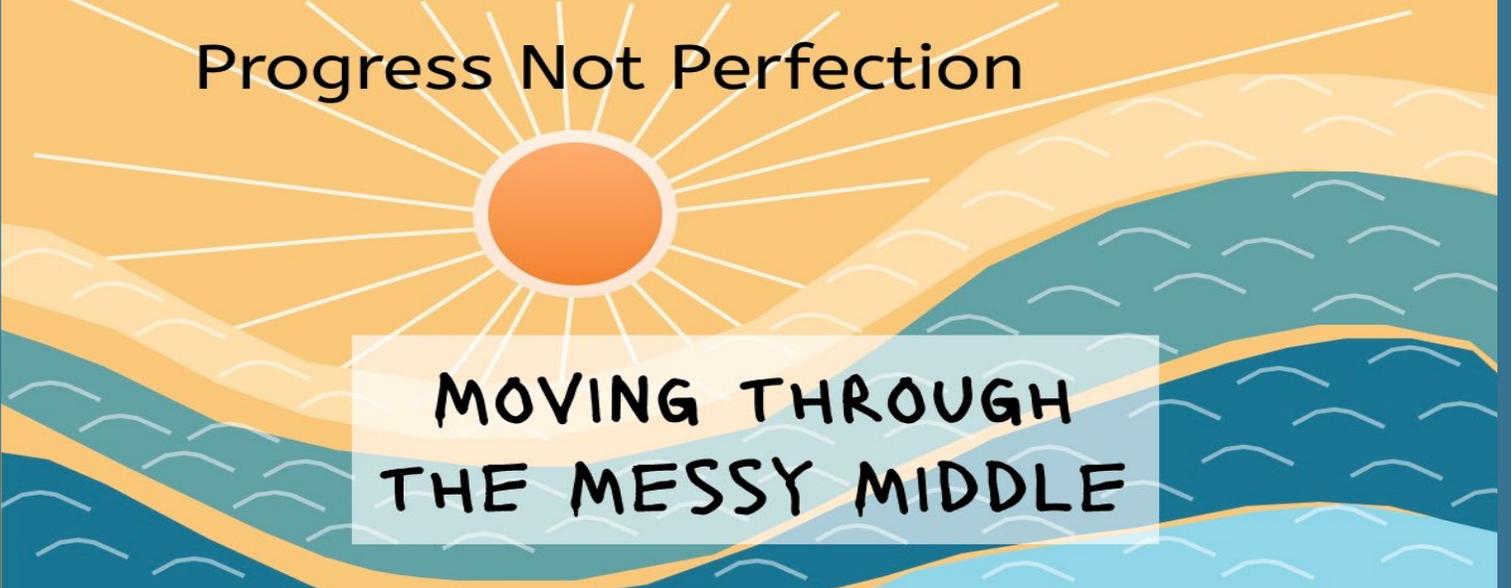
You may attend the Pre-
Convention Workshop only.

PRE-CONVENTION WORKSHOP

Sponsored by



Progress Not Perfection

An illustration of a bright orange sun with rays rising over stylized, wavy water in shades of blue and green. The sun is positioned in the upper left, and the water waves flow from the foreground towards the background.

MOVING THROUGH THE MESSY MIDDLE

How do we move through life's challenges without letting self-criticism, black-and-white thinking, emotions, or rationalization get us down? This workshop is for anyone who's not perfect (yet! Wink, wink), whether you are struggling with or strengthening your OA recovery. Join us for this interactive session on navigating a Higher-Powered path through the dangers of perfectionism and complacency toward our goals.

In the pre-convention workshop, we will assess our current OA recovery, identify an area of personal focus, and then explore and envision how to find our way forward through writing/drawing, conversations, and hands-on activities. Using the OA steps and tools, the science of habit building, and playfulness, we will each prepare a workable action plan to make progress on our chosen area of focus.

Three Ways to Register!

- 1: By phone: Register by phone by calling 414/259-0640 using a credit / debit card or mailing a check.
- 2: By mail: Register by mail by printing the registration form. Mail with check payable to OA-Milwaukee Area Intergroup OR include a note for the Convention Registrar to call you for a credit card number. NOTE: separate form needed to register for meals.
- 3: Online, via EventBrite: using a credit card and paying EventBrite fees. See oamilwaukee.org for more information.