

# Virtual Region e-Workshop

"2nd Sunday of Month"

3:00 – 4:30 pm

EDT Eastern Daylight Time until Nov 1 (GMT-4/UTC-4)

EST Eastern Standard Time Nov 1 to December (GMT-5/UTC-5)

## Upcoming Topics

- 7/12 ACCEPTANCE is the answer to all my problems today
- 8/9 New Sponsor Workshop
- 9/13 19 Symptoms to Relapse
- 10/11 Demystifying the OA Service Structure  
What is the inverted Pyramid?
- 11/8 Abstinence and Keeping It – the difference  
between abstinence and a plan of eating
- 12/13 Young persons in OA

## Workshop Room

arrive 15 minutes early for basic zoom orientation tips

<https://zoom.us/j/89165540024> Password: 120912

Dial by your location

+1 646 558 8656 US (New York)

+1 346 248 7799 US (Houston)

+1 253 215 8782 US (Tacoma)

For international dial in numbers

<https://zoom.us/zoomconference>

[oavirtualregion.org/events/workshops/](http://oavirtualregion.org/events/workshops/)

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