



Program Schedule - October 11-13, 2024
SA/S-Anon SW Region Unity Conference, SLC Utah

			Combined Both Fellowships (Capital Reef Ballroom)	S-Anon Room A (Solitude)	SA Room 1 (Deer Valley)	SA Room 2 (Sundance)	SA Room 3 (Orion)	Fellowship (Room 154)
Friday, October 11	Registration	4:00-5:45 PM	Registration (Canyons Lobby)					Fellowship
	Breakout Session 1	5:00-5:45 PM		Acceptance is the Answer	The Phenomenon of Craving - Doctors Opinion		Step Workshop History & Step 0	
	Dinner/Speakers	6:00-7:45 PM	Dinner/Keynote Speakers Session					
	Breakout Session 2	8:00-8:45 PM		Self Care	SA Sobriety Definition		Step Workshop Steps 1-3	
	Breakout Session 3	9:00-9:45 PM		Boundaries	Acceptance is the answer			
Saturday, October 12	Registration	6:30-8:45 AM	Registration (Canyons Lobby)					Fellowship
	Meditation	6:30-7:45 AM	Meditation (Open Mtg)					
	Breakfast/No Speakers	8:00-8:45 AM	Breakfast (No Speakers)					
	Breakout Session 4	9:00-9:45 AM		Steps 1,2,3	If Not Active Then Reactive - Step 0	What is lust?	Step Workshop Steps 4-5	
	Breakout Session 5	10:00-10:45 AM	Joint Session: Vulnerability, Trust, Disclosure, and Forgiveness		Sober is not well			
	Breakout Session 6	11:00-11:45 AM		Steps 4 & 5	Dating in recovery - A spiritual journey	Getting An SA Sponsor		
	Lunch/Speakers	12:00-1:45 PM	Lunch/Keynote Speakers Session					
	Breakout Session 7	2:00-2:45 PM		Writing, Journaling	The Next One Would Save Me	Poor me, poor me, pour me another one! (Stepping out of	Step Workshop Steps 6-9	
	Breakout Session 8	3:00-3:45 PM	Joint Session: Abstinence and Healthy Sexuality		Knowledge was not Power			
	Breakout Session 9	4:00-4:45 PM		Step 10	Noisy Souls, Finding Stillness in Recovery	How can we better help newcomers?	Step Workshop Steps 10-12	
	Breakout Session 10	5:00-5:45 PM		Sponsoring & Being Sponsored	Half Measures Aailed Us Nothing	An Ounce of Whiskey in My Milk- The Obsession of the		
	Dinner/Speakers	6:00-7:45 PM	Dinner/Keynote Speakers Session					
	Evening Events	8:00-10:00 PM	Evening Entertainment (Reception & Desserts)	Evening Entertainment (Game Room)				
Sunday, October 13	Registration	6:30-8:45 AM	Registration (Canyons Lobby)					Fellowship
	Meditation	6:30-7:45 AM	Meditation (Open Mtg)					
	Breakfast/No Speakers	8:00-8:45 AM	Breakfast (No Speakers)					
	Breakout Session 11	9:00-9:45 AM		Communication	Healing Had to Come About in All Three	Embracing Pain for Spiritual Growth	Regional Conference Room	
	Breakout Session 12	10:00-10:45 AM		Gifts of the S-Anon Program	Without God I can't, without me God won't	Surrender - A Change of Heart		
Closing Session	11:00-11:45 AM	Closing/Gratitude Session						

***All Sessions Subject to Change