



WRITING



A PLAN OF EATING

ACTION PLAN



ANONYMITY



SPONSORSHIP



MEETINGS

LITERATURE



SERVICE



TELEPHONE



NINE GENTLE **TOOLS** FOR LASTING CHANGE

OTTAWA DISTRICT INTERGROUP EVENT

SEPTEMBER

20
2026

@ 1-2:30 PM EST

THIS WORKSHOP WILL BE A
VIRTUAL EVENT

Two speakers will share their stories (with a focus on tools), then we'll do a writing and sharing activity, and finish with a brief open sharing session.



For questions email Paula C. at secretary@oa-ottawa.ca

Sign up for the Ottawa District Intergroup email updates at the oa-ottawa.ca website to receive the Zoom information.



SCAN ME