



"Progress, Not Perfection"

NAR-ANON MIDWEST REGION VIRTUAL ANNUAL ASSEMBLY

No matter where you are on your journey, join us to share, learn and grow!

Friday, Oct. 14, 7:00 - 9:00p (CDT)

7:00 - 9:00p "I Hope You Dance" Social & Virtual "Sock Hop" - Kim, IL & Judy, KS

1. "Getting to Know You" What's Your Theme Song? Icebreaker
2. "The Impossible Dream" Progress, Not Perfection
3. "Lean on Me" Better Together
4. "I Can See Clearly Now" Rediscovery of Our Joy
5. "Don't Worry, Be Happy" Restoration/Recovery



Saturday, Oct. 15, 8:30 am-5:00 p (CDT)

8:30 - 11:10a **Business Meeting** - Kevin, MO, Midwest Region's Chair
Regional Board & Group Service Representatives (GSR)

11:10 - 11:30a **Website Training** - Rod, MO, Webmaster
Learn how to navigate the Regional website & access various resources

11:30a - 12:15p **Luncheon Break, though Zoom room will remain open.**

12:15 - 12:45p **Narateen Discussion**

12:45 - 1:00p **Program Opening** - Judy, KS, MWR Vice Chair & Program Chair

1:00 - 1:55p **"Progress, Not Perfection"** - Rod, MO, Facilitator - John, WA & Marian, WA, Speaker

2:00 - 2:55p **"Better Together"** - Ilene, IL, Facilitator: Interactive Breakout Rooms
Discuss Family Groups and the rewards and challenges groups face.

3:00 - 3:55p **"Rediscovery of Our Joy"** - Mary, WI, Facilitator
Panel with Marissa, IL; Mark, KS; Rose, WI

4:00 - 5:30p **"Restoration: Recovery"** - Marty, MO, Facilitator, Group Share

3 EASY WAYS TO PARTICIPATE:

1 SCAN



2 CLICK

<https://us02web.zoom.us/j/85265241154?pwd=B5sR48rFyp7EF9rDZTmN6lpXmZhPUz.1>

3 JOIN

HTTPS://ZOOM.US/
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