## Suggestions for hosting a “Welcome Back” Workshop

1. Form a committee to help organize event.
2. Find a meeting place to hold the workshop, determine the times of the workshop (75-90 minutes works well) and agenda (review a sample format at R6 website). Focus on locations that have: access to public transportation, access for persons with limited mobility, ample parking, easy to find.
3. Order OA literature for purchase that is focused on coming back from relapse: i.e. pamphlets like “Before you Take the 1st Compulsive Bite”, “Welcome Back”, “A Commitment to Abstinence”, “Recovery Checklist” and a few books for purchase such as “A New Beginning”, “Voices of Recovery”.
4. Make up a flyer and distribute to meetings and post on Intergroup website (sample on R6 website).
5. Ensure you have experienced OAers and qualified sponsors committed to attend.
6. Speakers – pick 2 or 3 people to share for 15-20 minutes each. Have them share their experience, strength and hope about how they came back to program and how they walked through their fears and the challenges of walking back into the halls. Suggested Guidelines for Speakers: they should be someone who was abstinent and relapsed and has come back and is abstinent now, be working the tools and have a sponsor, and be actively working the steps. If your group doesn’t have any members qualified to speak, invite speakers from outside the area. Request the Region 6 speakers list at the Region 6 website.
7. Pass an 'Ask It Basket' while the speakers are sharing. Invite participants to write down their questions and put them in a basket. The moderator can pull out the questions and read one aloud and then one or more of the speakers will answer (or someone from the organizing committee can answer).
8. Break out groups: 2 or 3 questions per group, discuss questions in Ask-It-Basket and appoint a spokesperson to share answers with the whole group. After 10-12 minutes, have small groups return to whole group setting and have group spokespersons share the questions and their answers/solutions with the large group. Provide some pens and loose paper for people to take notes.
9. Identify available sponsors in the room by a show of hands or a sign-up list.
10. As people come in give a ticket or before the close have people count-off and then pull out a ticket or number for a door prize. Good prizes– a Lifeline subscription, a book such as “For Today”, “Voices of Recovery”, “A New Beginning”, “Seeking a Spiritual Recovery: Backstories from Lifeline”.
11. And remember: keep the focus positive! With our Higher Power and the support of our OA fellowship, anything is possible!
12. Give everyone a favour: give every attendee a free pamphlet such as “For Today”, “Before You Take that First Compulsive Bite”, “A Commitment to Abstinence”, “Think First”. Remember, our pamphlets are easy access tools that people can use as a reminder of OA and the help we offer.
13. The OA website has some great tools available and literature for order. Go to:

<https://oa.org/members/relapse-prevention/relapse/>