



**Dreams of Happiness and Visions of Hope  
Nar-Anon Central California Region  
Monterey *In Person* Convention 2023**

**SATURDAY - January 14, 2023**

**Monterey Conference Center-Steinbeck Room 1C**

**(Friday - January 13 - 5:00 pm Social at the Round Table Pizza, 375 Alvarado St.)**

**9:00 AM – “We find others who understand what we are going through.”  
*Teri and Ruth share on being a Sponsor and a Sponsee.***

**10:00 AM – The Family: “Addiction is a family disease.” *Marla and Patrick  
(mother and son) share on their recovery journeys.***

**11:00 AM – About Addiction: “It is a physical, mental, and  
spiritual disease that affects every area of life.” *Linda and Oscar  
share on recovery related to Dual Diagnosis.***

**12:00 to 1:00 LUNCH - on your own at local restaurants**

**1:00 PM - Understanding our addicted loved ones: *Stan A. and Tish P., NA  
members, share their experience, strength, and hope.***

**2:00 PM - “We will carry the message of Hope.” *JT, our Central California  
Region’s delegate to the World Service Conference (WSC)***

**3:00 PM - Our Recovery Countdown Celebration and Conclusion**