

Discovering YOU in Whole Family Recovery

Conference Programme 2023



Sat. 11th

10.30am	Registration
10.45am	Welcome
11.00am	Dr. Sean Foy – Who's Minding You
12:15 – 12:30pm	The Story of My Recovery (Rose – Better Together)
12:30-12:45pm	& Margaret Rossiter (You Are Not Alone Family Support Group)
12:45-1pm	Comments & Discussion
1-2pm	Lunch (one hour).
2.00-3:30pm	Jenny Dunne – Self Care Master medical herbalist/ Iridologist Looking at unhealthy boundaries, emotional issues/eating & stress
3.30- 3:45pm	Break (15 minutes)
3.45- 4:30pm	Chair Yoga with Lyn
4.30pm	Finish for day
8.00pm	Gala Dinner Dance & Socialising

Sun. 12th

10.30am	Overview of Citizen's Assembly
11:00 -11:30am	AGM
11.30 – 11:45am	Discussion & Comments
11:45am 12: 30	Dancing with Paul Codd
12.45am	Evaluation + Satisfaction Sheet, plus Q&A
1pm	Close & Lunch

