

**SOCALDA *Workshops* Presents:**

# ***“Pressure Relief Meeting Workshop”***

*Presenter: Panel of Experienced and Successful BDA fellows*

*Hosted by: Anne Marie*

*Open to the world community via Zoom*

**Saturday, February 1, 2025**

**1:00 pm - 4pm.**

**(Pacific Time Zone)**

*Register now using this link: <https://forms.gle/UoTjrDTtJwrUi5Sk9>*

- Come together to not do it alone.
- If you have any numbers compiled, bring them.
- Receive 1 Pressure Relief Group and give two.
- Break out Groups for the PRGs.
- Get help making your dreams a reality.
- Registration closes on the day of the workshop at 12:00pm noon. No exceptions.
- Register now! Space is limited to the first 500 people.
- Honor yourself and your recovery by arriving early and staying until the end.

*Register now using this link: <https://forms.gle/UoTjrDTtJwrUi5Sk9>*

**Suggested Donation: \$12**

No one turned away for lack of funds.

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