

2023

MARATHON PROGRAM

2023

NOVEMBER 4 - 5 2023 | MONTECASSINO HOTEL & SUITES

Time		GA Room	Gam-anon Room	Time	
Start	End			Start	End
8:00 AM	9:15 AM	Registration Opens		8:00 AM	9:15 AM
9:15 AM	9:30 AM	Welcome - Opening Remarks/Reflection of the Day * COMBINED * <i>Aldo I</i>		9:15 AM	9:30 AM
9:30 AM	9:45 AM	Meditation * COMBINED * <i>TBD</i>		9:30 AM	9:45 AM
9:45 AM	10:45 AM	From a Storm to a Rainbow * COMBINED * <i>Hushy & Estelle</i>		9:45 AM	10:45 AM
10:45 AM	10:55 AM	BREAK		10:45 AM	10:55 AM
11:00 AM	11:20 AM	Giving Back <i>Andrew K</i>	The 3 A's <i>Soudi and Melanie</i>	11:00 AM	11:20 AM
11:20 AM	11:30 AM	BREAK		11:20 AM	11:30 AM
11:30 AM	12:00 PM	Acceptance <i>Marcel & Natalie</i>		11:30 AM	12:00 PM
12:00 PM	12:15 PM	BREAK		12:00 PM	12:15 PM
12:15 PM	1:00 PM	My Acceptance and Journey - <i>Roger C</i>	Slogans into Serenity <i>Judy & Branka</i>	12:15 PM	1:00 PM
1:00 PM	1:45 PM	LUNCH		1:00 PM	1:45 PM
1:45 PM	2:00 PM	Acceptance and Unconditional Surrender <i>Joe F</i>	Gam-anon Bill of Rights <i>Areata & Dave</i>	1:45 PM	2:00 PM
2:00 PM	2:30 PM	Pressure Relief <i>Dave H</i>		2:00 PM	2:30 PM
2:30 PM	2:45 PM	BREAK		2:30 PM	2:45 PM
2:45 PM	3:30 PM	London Group - Count Down	Acceptance Who is Your Higher Power? <i>Rick C</i>	2:45 PM	3:30 PM
3:30 PM	3:40 PM	BREAK		3:30 PM	3:40 PM
3:45 PM	4:00 PM	Proud to be a Compulsive Gambler <i>Oshawa Group</i>		3:45 PM	4:00 PM
4:00 PM	4:15 PM	BREAK		4:00 PM	4:15 PM
4:15 PM	5:00 PM	York Region Problem Gambling Counsellor *COMBINED* <i>Lani Aguinaldo</i>		4:15 PM	5:00 PM
5:00 PM	5:15PM	BREAK		5:00 PM	5:15PM
5:15PM	5:45pm	Year in Review <i>Debbie R Chair of Intergroup</i>		5:15PM	5:45pm
5:45pm	6:00 PM	BREAK		5:45pm	6:00 PM
6:00 PM	7:00PM	DINNER *COMBINED*		6:00 PM	7:00PM
7:00PM	7:45 PM	Members Speak *COMBINED*		7:00PM	7:45 PM
8:00 PM	8:45 PM	My Journey <i>Doug L (Ottawa) * COMBINED*</i>		8:00 PM	8:45 PM
8:45 PM	10:30 PM	Candle Light Memoriam *COMBINED*		8:45 PM	10:30 PM
10:30 PM	6:00 AM	ALL NIGHT THERAPY - <i>J.J. (Oshawa)</i>		10:30 PM	6:00 AM