

## **CARNA 2024 Regional Assembly Ice Breaker**

10:00 AM – 10:30 AM: Welcome! Your goal is to make 4 new contacts by completing these little tasks. Hint: You do this by talking to someone you haven't met before today.

1. Find someone who got clean in the same month as you and exchange contact information
2. Find someone from a different area than you and exchange contact information
3. Find someone who is on a service committee that interests you and exchange contact information. (bonus points if they are in a different area)
4. Find someone who is working the same step as you and exchange contact information. (bonus points if they are in a different area)

## **CARNA 2024 Regional Assembly Schedule August 10, 2024 Mount Allison University**

10:30 - 12:00 PM: Revitalizing Service IDT Workshop

12:00 PM – 1:00 PM: Lunch

1:00 – 1:45 PM: Recovery Discussion Meeting

1:45 PM -2:45 PM: Area Panel Meeting - Fellowship, Recovery & Service – Q&A to follow

2:45 PM – 3:15 PM: Open Forum –

- What do member groups and areas want to know about our Region?
- What expectations do member Groups and Areas have of our region?

3:15 PM – 15-minute Break

3:30 PM – 5:00 PM: DRT/MAT as It Relates to NA: Helping Members Take Root IDT Workshop

5:00 PM – 6:00 PM: Supper

6: 00 PM – 7:00 PM - Recovery Speaker Meeting – 2 Speakers

7:00 PM – Takeaways, Feedback, & Hug Off