

## Catalogue of Educational Recordings

Title	Description	Link on FA Website	Accompanying Slides / Materials (if available)
<b>Self Care</b>			
<b>Unwrapping Expectations... Help with Holidays &amp; Family Events 2024</b>	<p>Holidays and family gatherings can be times of joy and togetherness ... but also sources of anxiety. It's helpful to know we have options. There are things we can do to help us navigate a time of year that often brings added stress to family recovery.</p> <p>In this recording you'll hear from a panel of seasoned FA members who will share their family gathering experiences, unpack ideas for dealing with our emotions, and leave you with encouragement and understanding for your own journey through the holidays.</p>	<a href="https://familiesanonymous.org/help-with-holidays-unwrapping-expectations/">https://familiesanonymous.org/help-with-holidays-unwrapping-expectations/</a>	
<b>Designing and Maintaining Boundaries</b>	<p>Have you ever struggled with setting appropriate boundaries with family members, friends or others? Do you feel unsure or confused about how or when to say “no”, “maybe”, “not now”? Do you try to set boundaries but then have difficulty maintaining them? Or do loved ones accuse you of being controlling?</p> <p>If you can relate to any of this, please watch the Families Anonymous online education session featuring Betty Hill Crowson, life coach, retreat director and author (TheJoyisInTheJourney.com). Betty will bring some much-needed clarity, humor and concrete suggestions to help us maneuver through this complicated subject. She will outline a boundary “toolkit” which will not only enable us to identify and stop trying to control people, places and outcomes, but also empower us to learn how to have an appropriate voice which can set healthy limits for the good of all.</p>	<a href="https://familiesanonymous.org/designing-and-maintaining-boundaries/">https://familiesanonymous.org/designing-and-maintaining-boundaries/</a>	
<b>Creating Personal Balance, and Achieving Emotional Freedom</b>	<p>Are you feeling a bit out of balance with a tendency to give from the core instead of the surplus? Do you struggle with letting go of worry, resentment or regret? If so, please join Betty Hill Crowson, retreat director and author from TheJoyIsInTheJourney.com, as she presents some doable solutions for getting our feet back under us and moving towards emotional freedom. Learn to regroup, refill, recover and release.</p>	<a href="https://familiesanonymous.org/creating-personal-balance-and-achieving-emotional-freedom/">https://familiesanonymous.org/creating-personal-balance-and-achieving-emotional-freedom/</a>	
<b>Introduction to Borderline Personality Disorder / Emotion Dysregulation</b>	<p>Do you have a family member that struggles with regulating their emotions, leading to angry outbursts and other difficult behaviors? No matter what their diagnosis, the coping strategies discussed in this session may be helpful for you.</p> <p>Led by Karen and Kenneth Johnson, National Education Alliance for Borderline Personality Disorder (NEABPD)</p>	<a href="https://familiesanonymous.org/introduction-to-borderline-personality-disorder-emotion-dysregulation/">https://familiesanonymous.org/introduction-to-borderline-personality-disorder-emotion-dysregulation/</a>	
<b>Setting Boundaries Workshop</b>	<p>Do you struggle to set boundaries? Ever wonder whether you are helping or enabling? Do you find all this confusing to navigate? You are not the only one.</p>	<a href="https://familiesanonymous.org/setting-boundaries-workshop/">https://familiesanonymous.org/setting-boundaries-workshop/</a>	
<b>Help with Holidays – 2023</b>	<p>Family gatherings and holiday events can be tough, but we have options. There are things we can do to help us navigate the occasions that often bring added stress to family recovery.</p> <p>Seasoned veterans of family recovery, Jeff &amp; Jeanne share their family gathering experiences, offer ideas for dealing with our emotions and leave you with encouragement for your own journey through the next family event.</p>	<a href="https://familiesanonymous.org/help-with-the-holidays/">https://familiesanonymous.org/help-with-the-holidays/</a>	<a href="https://familiesanonymous.org/wp-content/uploads/2023/11/Help-for-the-Holidays-2023.pdf">https://familiesanonymous.org/wp-content/uploads/2023/11/Help-for-the-Holidays-2023.pdf</a>
<b>Twelve Step Workbook Workshop (Steps 1 – 12)</b>	<p>ARE YOU INTERESTED IN COMPLETING THE TWELVE STEP WORKBOOK? You can share these video links with your group members and work together with interested members on a Zoom or GoTo meeting, using the screen sharing option or you can view and access these individually. Please be sure to order #1019 The Twelve Step Workbook. Each presentation lasts about an hour. It is recommended that these be completed at a rate of one step each week or every two weeks.</p>	<a href="https://familiesanonymous.org/twelve-step-workbook-workshop-steps-1-12/">https://familiesanonymous.org/twelve-step-workbook-workshop-steps-1-12/</a>	<p>Link to Twelve Step Workbook in e-store:  <a href="https://familiesanonymous.org/product/1019-the-twelve-step-workbook-2/">https://familiesanonymous.org/product/1019-the-twelve-step-workbook-2/</a> </p>

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<b>Family Culture</b>	Wish your family handled conflict better or could find new ways to express emotions? Families are complicated, and feelings are real, but we have choices. Mike B from Group 2105 in Lafayette Hill, PA helped us unpack family dynamics and explored options for improving communication and building respectful relationships.	<a href="https://familiesanonymous.org/family-culture/">https://familiesanonymous.org/family-culture/</a>	
<b>Raising Awareness / Growing Your Group</b>			
<b>Spread the Word: Raising Awareness and Planning Public Outreach</b>	Learn best practices and proven tips from fellow FA members who have had great success at sharing Families Anonymous in their community.  Key concepts from this newly-released e-resource are highlighted, ideas for getting started are offered, social media strategies are shared and community outreach options are covered.	<a href="https://familiesanonymous.org/spread-the-word-raising-awareness-and-planning-outreach/">https://familiesanonymous.org/spread-the-word-raising-awareness-and-planning-outreach/</a>	PowerPoint slides available beneath the video recording on the website.
<b>Attracting and Retaining Newcomers</b>	Do you struggle to attract new members? Do newcomers stop attending after only a few meetings? Want to know what resources are available to help you “spread the word”? If you answer yes to either of these questions, we welcome you to watch FA’s educational session on “Attracting and Retaining Newcomers”.	<a href="https://familiesanonymous.org/attracting-and-retaining-newcomers/">https://familiesanonymous.org/attracting-and-retaining-newcomers/</a>	
<b>Raising Awareness</b>	This video is a recording of the Educational Committee’s presentation on suggestions and tips for growing the fellowship and your group.	<a href="https://familiesanonymous.org/growing-the-fellowship-and-your-group/">https://familiesanonymous.org/growing-the-fellowship-and-your-group/</a>	Link to slide presentation: <a href="https://familiesanonymous.org/wp-content/uploads/2022/11/Raising-Awareness.pdf">https://familiesanonymous.org/wp-content/uploads/2022/11/Raising-Awareness.pdf</a>  Sample of group weekly newsletter: <a href="https://familiesanonymous.org/wp-content/uploads/2023/01/FAnewsletter0115.pdf">https://familiesanonymous.org/wp-content/uploads/2023/01/FAnewsletter0115.pdf</a>
<b>Technology Tips &amp; Hybrid Meetings</b>	This video provides information about how to host a hybrid group meeting. 1. Learn about equipment and technology 2. Identify resources available on the website and within the FA community 3. Hear from experienced groups hosting successful hybrid meetings	<a href="https://familiesanonymous.org/hybrid-meetings/">https://familiesanonymous.org/hybrid-meetings/</a>	<a href="https://familiesanonymous.org/wp-content/uploads/2022/10/Hybrid-Meetings-v6.pdf">https://familiesanonymous.org/wp-content/uploads/2022/10/Hybrid-Meetings-v6.pdf</a>
<b>Conference Presentations</b>			
<b>2022 Convention – Keynote #1 Amber Hollingsworth</b>	Amber Hollingsworth, Keynote Speaker #1 from the 2022 Families Anonymous Virtual Convention “You Are Not Alone”, shares her thoughts on helping our loved ones without enabling them or finding ourselves in the “bad guy” role.	<a href="https://familiesanonymous.org/2022-convention-keynote-1-amber-hollingsworth/">https://familiesanonymous.org/2022-convention-keynote-1-amber-hollingsworth/</a>	
<b>2022 Convention – Keynote #2 Hope Aldred</b>	Hope Aldred, Keynote Speaker #2 from the 2022 Families Anonymous Virtual Convention “You Are Not Alone”, helps us see the importance of reaching out for and accepting help from others. Our recovery does not take place in isolation – we are not alone and we have options.	<a href="https://familiesanonymous.org/2022-convention-keynote-2-hope-aldred/">https://familiesanonymous.org/2022-convention-keynote-2-hope-aldred/</a>	