



NCLAP
NORTH CAROLINA
LAWYER ASSISTANCE PROGRAM

Step Study Retreat

April 20 - 22, 2018

Caraway Conference Center

Sophia, NC

caraway.org

We had great participation last year from both the PALS and FRIENDS sides of the aisle. It was a transformative weekend for all. Because our Step Study has grown, and based on the increased interest expressed last year, we have decided to add a separate stand-alone track to focus on relationships, codependency, depression, and other mental health issues. Each year the weekend is facilitated by presenters who have a rich depth of experience in not only working the 12 Steps themselves, but who also have a deep passion for sharing this work with others through workshops and presentations.

This program is not just for recovering alcoholics and addicts. Many of our volunteers and clients who do not have any kind of substance abuse problem have found tremendous help in working the steps on issues like depression, anxiety, codependency, workaholism, ADD, and other issues. And their lives have been transformed. Why? Because the steps offer a framework for living that shifts our typical perspective shaped by the human condition.

This weekend is a solution-based step weekend studying the steps in depth. We hope to make the retreat a deep and vital experience for all.

Our Presenters

Carver Brown is the alumni coordinator at Pine Grove Behavioral Health in Hattiesburg, MS. There he conducts Back to Basics as part of Pine Grove's treatment plan and travels the country conducting Back to Basics seminars taking thousands of recovering people through the Steps. Carver serves on the Board of Directors of TPAS Treatment Professionals in Alumni Services. Carver is certified as a Recovery Coach Trainer with CCAR the Connecticut Community of Addiction Recovery and is a Structured Family Recovery counselor. He also volunteers on a task force for the Episcopal Recovery Program of Mississippi and the Mississippi Department of Corrections and is a Love First Interventionist. He is most importantly a husband to Beth and a father to Alex.

Pat Jenkins has been practicing law in Charlotte since 1984, concentrating primarily in business/corporate law, estate planning, and probate. Pat has been a very active and dedicated member of Al Anon since 2002. He practices the 12 Steps as the core of his Al Anon program, offering experience, strength, and hope to family members and friends of alcoholics, and experiencing the transforming power

of the steps in his own life. Pat is an active LAP volunteer and has led numerous Al Anon workshops and group studies. He also has extensive experience in facilitating small group studies in other spiritual settings.

Robynn Moraites has been sober since January 1, 1988, and has been an active member of Al Anon and ACOA since 1998. In her own work over the years as well as in her work with individuals and small groups, she has practiced the 12 Steps and lead workshops using the steps in a variety of contexts, including codependency, relationships, food addiction, the long-term effects of childhood trauma, and mental health issues.

Conference Schedule

Friday

5:00 PM – 7:30 PM	Registration and check in
5:30 PM – 7:00 PM	Dinner
7:30 PM – 9:00 PM	Facilitator Introduction
9:00 PM – 10:00 PM	Night Owl Discussion Meeting

Saturday

7:30 AM – 8:15 AM	Breakfast
9:00 AM – 12:00 PM	Step Study Session
12:00 PM – 12:45 PM	Lunch
1:00 PM – 2:00 PM	Step Study Continued
2:00 PM – 5:30 PM	Free time to enjoy the conference center and grounds
5:30 PM – 6:30 PM	Dinner
7:00 PM – 8:30 PM	Speaker <i>We will hear from three speakers.</i>

Sunday

8:00 AM – 8:45 AM	Breakfast
9:00 AM – 12:00 PM	Step Study Continued

\$275 per person for single occupancy : : \$250 per person for double occupancy (roommate, spouse, etc)

All registration costs cover lodging, coffee, and meals from dinner on Friday night to breakfast on Sunday morning.