

# Workaholics Anonymous

## Do you ever relax?

Does your boss praise your willingness to go the “extra mile” but is unaware that your life is rushed and over-committed? Maybe your health is taking second place to your job and your family wishes you had more time for them? Are you missing a connection to your spiritual side? Perhaps you are burnt out and have lost all desire to do anything. Have you almost forgotten what play and relaxation feel like?

These stresses are not just associated with paid work, but can also surface as hobbies, exercise, housework, or just trying to save the world.

## Here's a solution

If this sounds like your life, you may benefit by meeting with people who share these problems and are finding a solution in Workaholics Anonymous. We invite you to attend our 12 Step open meetings. We gather to share our experience, strength and hope for a life of serenity and joy. All are welcome!

## 2026 Meeting Dates

Meetings are held 1st and 3rd Tuesdays of the month, 7:00 p.m. – 8:00 p.m.

Location: Star of the North Retreat Centre, 3A St. Vital Avenue in St. Albert. A Zoom link is also provided for those who are unable to attend in-person.

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|-------------------|--------------------|-------------------|
| • February 3 & 17 | • May 5 & 19       | • October 6 & 20  |
| • March 3 & 17    | • June 2 & 16      | • November 3 & 17 |
| • April 7 & 21    | • September 1 & 15 | • December 1 & 15 |



"Our primary purpose is to stop working compulsively and to carry the message of recovery to those who still suffer."

For more information, please email: [waserenity@gmail.com](mailto:waserenity@gmail.com)