



**What:** Nicotine Anonymous 12-Step Study hosted by the Minnesota Intergroup and an Ad Hoc Committee of other Nicotine Anonymous members. Open to all Nicotine Anonymous members interested in working the steps.

**When:** Saturdays from 1:00 – 2:30 EST from January 8<sup>th</sup> through April 2<sup>nd</sup>

**Where:** Online via videoconference – link will be provided upon registration. Email to register is below.

**Why:** To engage in our primary purpose by providing members, especially newcomers, with a forum to study and work the Twelve Steps of Nicotine Anonymous while developing sponsorship opportunities.

**Additional Details:**

- Sessions will be held in a welcoming, safe, and confidential environment
- There will be opportunity to work in a small group, with one facilitator per group
- Each group will commit to working one Step each week
- Small groups will stay consistent for the entire 14-week session
- This workshop will be using the following books: *Nicotine Anonymous: The Book* and the *Nicotine Anonymous Step Study Workbook*\*
- Additional suggested materials will be provided upon registration
- To register for this 12-Step Study, send an email with your name to [stepstudyreg@gmail.com](mailto:stepstudyreg@gmail.com)



\* For any questions, or if cost of the materials is an issue, please contact [stepstudynica@gmail.com](mailto:stepstudynica@gmail.com)