# Meeting Types Workshop for Groups

This workshop is designed to help groups identify possibilities for their group. It can be used for new groups just getting established, or established groups who are struggling or just want to revitalize themselves. There are no definitive answers, but the purpose is to stimulate ideas to help groups identify the type of meeting they want to be.

Healthy, thriving groups generally use *Al-Anon and Alateen Groups at Work* (P-24) to open and close their meetings. This piece of literature helps provide consistency from meeting to meeting and within the fellowship as a whole, regardless of where a meeting is held.  The meeting type is what happens in between the opening and closing.

A. To start the workshop, a group should first identify the positives of an existing meeting or how they would structure a new meeting:

*What do we like about our meeting? What is working well? (Look at everything – time, day, location, format, programs, amenities, etc.*

*What would we like to do in our new meeting? Is there a particular group of people we would like to reach?*

B. The next step is to look at things that can be done in the group, either on a regular, on-going basis or for special occasions. This is a brainstorming session, so anything goes. The unworkable ideas can be sorted out later. (The list of meeting types on the "Meeting Types" document may be used to **SUPPLEMENT** the suggestions in Conference Approved Literature (CAL). It is not a comprehensive list.)

*Using the following table, generate as many ideas as you can for things you would like to see done in your group. Follow this with discussion of all of these ideas, focusing on whether this format or activity would make a difference in your group or why it is important. Also determine if it is consistent with Al-Anon Legacies.*

| Things to do differently | Why it would make a difference? / Why is it important? | Is it consistent with Al-Anon Legacies? |
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C. Give members of the group time to consider all of the suggestions generated. Schedule as many discussions as necessary to reach a consensus of what the group will do.