

District 14 Presents: Day In Al-Anon 2019

“Stepping Stones to Recovery”



Saturday, February 9, 2019

8:00 AM to 3:30 PM

St. Andrew’s Celebration Center
1601 Mary Drive(cross-street Harriet)
Pleasant Hill, CA 94523

Featuring:

Al-Anon Guest Speaker **Kylie F., Moraga, CA**

AA Guest Speaker **Fernando S., Concord, CA**
(with Spanish Translation)

Continental Breakfast – Workshops (English & Spanish)
Silent Auction – Donation Drawing - Speakers – Childcare
Potluck Lunch (A-I Side/Dessert, J-Z Main Dish)

Suggested Donation: \$10 Pre-Reg/\$15 at the door
Visit District14.ncwsa.org for On-line Registration.
November 7, 2018 – February 1, 2019.

For more info, contact:

Dia2019d14@gmail.com Sue P. (925) 876-0694

See Workshops on Back

Please make Checks Payable to: [AFG District 14](#)

Send to: 1083 Springfield Drive, Walnut Creek, CA 94598

Name: _____

Name: _____

Name: _____

Check here if you need childcare Name _____ Age _____

Name _____ Age _____

Day in Al-Anon
“Stepping Stones to Recovery”
February 9, 2019

- Workshops (3 Tracks)
 - Boundaries Not Barriers
 - Elevators Broken, Use Step 2
 - Meditation & Reflections of Gratitude
 - Learn to Trust Again, *Take a Chance!*
 - Self-Care – Mental, Physical, Spiritual, Emotional Healing
 - Fun/Play, *Get out & Go!*
 - Beyond Shame
 - Stay Hope-filled
 - Relationships/Intimacy
 - My Favorite Traditions
 - Dropping the Rope in the Communication Tug of War, from How Al-Anon Works*
 - 3 Separate Workshops in Spanish TBD

- Schedule
 - 8:00 AM – Registration/Music/Breakfast/Ice Breaker
 - 8:30 – 9:30 AM – Track 1
 - 9:45 – 10:45 AM – Track 2
 - 11:00 – 12:00 PM – Track 3
 - 12:00 PM – Lunch
 - 12:45 PM – Silent Auction & Donation Drawing
 - 1:45 PM – AA Speaker
 - 2:30 PM – Al-Anon Speaker
 - 3:30 PM – Adjourn

*This workshop will start at 11:00 and end at 12:15.