

Stepping Stones to Healing: Ourselves, Our Relationships

District 13 presents the 14th Annual Day in Al-Anon

April 12, 2008, 10:30 AM - 9:30 PM

Congregational Church of Belmont

17 Alameda de las Pulgas, Belmont CA 94002

From Hwy 101:
Take Ralston Ave.
Exit West, Turn right on
Alameda de las Pulgas

From Hwy 280: Take 92 East,
then first exit (Ralston Ave.)
Turn left onto Ralston,
then left at Alameda

Schedule:

10:30 -12:00 "Understanding Addiction" - a talk by Paul S. (with time for sharing)

12:00 -1:15 Lunch (Sandwiches & Salad)

Afternoon Workshops: (choose one topic for each hour-long session)

1:30 - 2:30 • Stepping Stones to Your Higher Power

• Dealing with Relapse

2:45 - 3:45 • Good Vibrations - Healthy Ways to Connect with your Partner

• Lighten up, Find Your Funnybone - Humor Heals

4:00 - 5:00 • Parenting Children with Addictions

• Setting Boundaries, Not Walls

5:15 - 6:15 • Accepting Our Feelings

• Tools for Maintaining Daily Serenity

6:15 - 7:30 Italian Dinner & Dessert

7:45 - 8:30 Alateen Speaker: Ashley D.

8:30 - 9:30 Keynote Speaker: Tom W., Oakland, CA

Car Pooling
Appreciated!!

Speakers:

• Tom W., Oakland, CA

• Paul S., Mt. View, CA

• Ashley D., Alateen

This Stepping Stones to Healing workshop abides by
the NCWSA Requirement for Alateen Member Safety.

While your donation is needed to support our District, the success of our Day in Al-Anon depends more on your participation than your donation. You are welcome even if you cannot make a donation at this time. Please use a separate form for each person.

First Name & Last Initial _____

Home Meeting Location _____

I would love to help! Call me at _____

Please circle the items you want
(they may be ordered individually)

Lunch (Sandwiches & Salad)

Italian Dinner

Make-Your-Own Dessert

Registration (Workshops & Speakers)

Total Enclosed \$ _____

Pre-Reg

\$6.00

\$8.00

\$3.00

\$8.00

\$25.00

At Door

\$7.00

\$8.00

\$4.00

\$11.00

\$30.00 (payable to District 13-A.I.S)

Please check if you want
vegetarian meals.

For more information contact: Melinda S., 650-325-9388 (msschuur@pacbell.net), or Signe B., 650-325-7682 (elaak.sboyer@sbcglobal.net). Mail pre-registration to: Mary M., 611 Marlin Court, Redwood Shores, CA 94065. Pre-registration MUST be received by March 31, 2008. Thank You!