

DISTRICT 2 AFG
WINTER WORKSHOP



Literature Table

There will be a literature table at the workshop.
Books will be sold at cost.

Contact Info

If you have questions or to volunteer, please email:
district2workshops@gmail.com

Or call Arleen at 775-762-6607
or
Sue at 530-249-4954

It takes many volunteers to make our workshops a success.
Thank you for your service.



*“When I treat myself
with love and approval
I know that I am recovering.”*

—CTC p. 51

Saturday, February 2, 2019

Beautiful new location!

Unitarian Universalist Fellowship
780 Del Monte Lane Reno NV 89511

DISTRICT 2 AFG
WINTER WORKSHOP



Schedule

8:45-9:30 a.m.	Registration & Fellowship
9:30-9:50 a.m.	Welcome & Opening
9:50-10:20 a.m.	Speaker: Tina B. of South Lake Tahoe "How I Learned to Practice Self-Love in Al-Anon"
10:20-10:35 a.m.	Circle of Love with Meditation Music
10:35-10:45 a.m.	Break
10:45-11:00 a.m.	Experience, Strength & Hope: "Changed Attitudes Aided My Recovery"
11:00-12:00 p.m.	Break Out Sessions The Challenge of Self-Love: Changing My Attitudes
12:00-1:00 p.m.	Break: Brown Bag Lunch* & Fellowship
1:00-1:15 p.m.	Al-Anon Skit
1:15-2:15 p.m.	Focus Groups: Attendees Choice The Challenge of Self-Love: Changing My Actions
2:15-2:25 p.m.	Break
2:30-3:15 p.m.	Panel: Making Time & Balance
3:15-3:25 p.m.	Circle of Love with Meditation Music "What Have I Learned Today?"
3:30 p.m.	Closing

*Bring your own lunch. Note: No refrigeration available.
Coffee, tea, water, snacks and dessert will be served.

BRING YOUR OWN BEVERAGE CONTAINER AND RECEIVE A PRIZE!

REGISTRATION

Make your check/money order payable to: District 2 Al-Anon

Mail your check with your registration form below to:

District 2 Winter Workshop
PO Box 40703
Reno, NV 89504

\$10 if postmarked by January 18, 2019/\$15 at the door

DIRECTIONS

Unitarian Universalist Fellowship
780 DEL MONTE LANE RENO, NV 89511

- 1) Take I-580 to Neil Road West.
- 2) Turn west on Neil Road, merging to the left lane to enter traffic circle.
- 3) At the traffic circle, take the second exit onto Del Monte Lane.
- 4) Turn left in 200 feet into church parking lot.

-----CUT HERE AND MAIL IN-----

PLEASE FIND ENCLOSED MY \$10 WORKSHOP FEE AND REGISTRATION.

NAME _____

PHONE _____

EMAIL _____

I would like to volunteer at the workshop.

Thank you!