

2008 Spring Workshop

*Check list of what
to bring to the workshop*

- Bag lunch
- Dessert or
snack to share
- Raffle Items
- Me:

Schedule:

8:30 am Registration

9:45 am Workshops

3:30 pm Adjourn

Bull Run District Al-Anon Family Groups Theme: Feelin' Great in '08



Saturday

26 April 2008 8:30am – 3:30pm

The Rock

**8730 Sudley Road - Manassas VA
20110**

Directions to The Rock

From I-95:

Take Exit 158, Prince William Parkway,
towards Manassas

Go approximately 12 miles
(approx. 18 traffic lights)

Turn right onto Liberia Avenue

Then left onto Centreville Rd (Rt. 28 S)

Turn right onto Sudley Rd (Rt. 234 N)

Turn left at light at Plantation Lane into
parking lot for The Rock.

From I-66 W:

Take Exit 47A (Rt. 234 Business) towards
Hospital

Go approximately 4 miles to light at
Plantation Lane

Turn right into parking lot for The Rock

From 28:

Take 234 N, Sudley Rd.

Go approximately 1.2 miles

Turn left at light at Plantation Lane into
parking lot for The Rock

TOPICS

Transforming Our Losses

Healthy Relationships

Letting Go

Boundaries vs. Tolerance

Taking Care of Ourselves

Forgiveness