

Bull Run District Al-Anon Family Groups

2010 Spring Workshop

Saturday, April 17, 2010
8:30 a.m. – 3:30 p.m.

The Rock at Manassas Baptist Church



"Removing the Masks"

Topics:

- Self-knowledge
- Shame and guilt
- Acceptance
- Fear
- Spiritual Awakening
- Self-care

Schedule:

- 8:30 Registration
- 9:00 Opening
- 9:30 Workshops
- 3:30 Closing

Please bring: Bag lunch ~ Snack or dessert to share ~ Friends

Directions to The Rock:

From I-95: Take Exit 158, Prince William Parkway, towards Manassas. Go approximately 12 miles. Turn right onto Liberia Avenue. Turn left onto Centreville Road (Rt. 28S). Turn right onto Sudley Rd. (Rt. 234 N). Turn left at Plantation Lane into parking lot for The Rock.

From I-66W: Take Exit 47A (Rt. 234 Business) towards hospital. Go approximately 4 miles to light at Plantation Lane. Turn right into the parking lot for The Rock.

From 28: Take 234N, Sudley Road. Turn left at Plantation Lane into parking lot for The Rock.

Questions? Call Denny C. 703-743-1452 or email dennycumber@comcast.net