



Rappahannock District Workshop

Al-Anon Tools of Recovery

(Presented by the Al-Anon Service Center of Northern Virginia)

Saturday – September 16, 2017

10 am to 3 pm

Location:
and Fellowship

Peace United Church

9:30 am – Check-in

801 Maple Grove Dr.

Fredericksburg, VA 22407

Bring a bag lunch

\$10.00 per person **Space is limited -- Registration is required**

Contact Diane B. (540) 842-9072 to reserve your spot

This workshop outlines a suggested program path for those that desire to achieve their recovery goals and are willing to do the work that it takes to get there. Recovery is a personal choice that is not compulsory, not a requirement nor mandatory. It cannot be demanded or forced upon anyone that does not want to change or recover from her/his unwanted circumstances. Recovery takes a leap of faith that offers no guarantees or benefits that can and will make life more meaningful and worthwhile for perhaps the first time in life's experiences.

The Al-Anon tools of recovery offer a way out of the dilemma/bottom that leads us into the rooms and lights up the way for those who still suffer. Once the decision to recover is made and placed into action, the tools of recovery will lead you to living a life beyond your wildest dreams.

Make check payable to **District #19** – can be mailed to:

Rappahannock District #19, POB 1153, Fredericksburg, VA 22402

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Names: _____

Phone: _____

Attending: _____ x \$ 10.00

Total: _____