

It Works If You Work It.....So Work It!
Al-Anon's 27th Annual
Cabin Fever Workshop
It's Worth It!

March 17, 2012

9:00 a.m. – 3:30 p.m.

Second Congregational Church, Hillside Street, Bennington, Vermont

Welcome and Breakfast 9:00 a.m. - 9:30 a.m.

Speaker: 9:30 a.m. – 10:30 a.m.

Morning Workshops: 10:35 a.m. – 11:35 a.m.

- Steps One, Two and Three
- Detachment
- Happy Joyous and Free
- Alateen is Al-Anon – for Alateens and their sponsors

Pot Luck Lunch and Raffle: 11:40 a.m. – 12:50 p.m.

Afternoon Workshops: 1:00 p.m. – 2:00 p.m.

- Keeping Your Head Where Your Feet Are
- Know When to Hold 'em and Know When to Fold 'em
- How I Got Here
- Alateen How I Got Here - for Alateens and their sponsors

Closing Sharing: 2:00 p.m. – 3:00 p.m.

Clean Up: 3:00 p.m. - 3:30 p.m.

Directions: from the North take VT 7 South. Two blocks past the intersection of 7 & 9 turn left on Hillside Street. From the South take VT 7 North. Just after Friendly's restaurant turn right on Hillside Street. The church is the modern building on your right.

For further information or directions: Apryl (802) 440-8109
or Sue (518) 686-7998 or Val (518) 677-8934