



Al-Anon Celebrates it's 31st Convention on March 28 – 30, 2008
Crowne Plaza Hotel, Cromwell, CT

Join us for these Saturday Workshops!

- 9:00a.m. **Uncovering the Disease (Step 1)**
Discovering our Feelings, Exploring our Emotions
Back to the Basics of Recovery, The ABC's of Al-Anon
- 10:30 a.m. **Uncovering our Character Defects (Step 4)**
Discovering the Beauty of Relationships, Learning to set Boundaries
Recovering our Life After Loss
Songs of Recovery (Program Sharing Through Song)
- 1:00 p.m. **Understanding My Will, Uncovering God's Will (Step 11)**
Discovering Detachment
Recovering a New Attitude: (Nothing is Good or Bad, Thinking Makes it so)
Recovering Life from the Effects of Abuse (Men's Meeting)
- 2:00 p.m. **AA/Al-Anon: Fostering Good Will, Understanding and Love Between the Two Fellowships (Combination meeting with AA/Al-Anon and Alateen)**
- 2:30 p.m. **Rage, Anger and Resentment; Uncovering the Pain of Unmet Expectations**
Discovering Life: Using Steps and Traditions in our Daily Life
Recovering Life from the Effects of Abuse (Women's Meeting)

- Note:** There will also be full AA participation and meetings scheduled during each Al-Anon workshop.
- There will be Alateen Meetings during all of the workshops.
 - There will be Spanish workshops, and Spanish translation will be provided during keynote speaker presentations.
 - Great keynote speakers Friday & Saturday nights and Sunday morning.
 - Many fun activities and live entertainment.