

ALKATHON 2018

AL-ANON and ALATEEN MEETINGS

The Alkathon provides a safe and sober environment for new and still suffering alcoholics and their families over Christmas and New Year's

December 24 and 25 noon to noon (24 hours)

December 31 and January 1 noon to noon (24 hours)

Bronson Centre – 211 Bronson Avenue, Ottawa, ON K1R 6H5

All Al-Anon meetings are open - All Welcome

the only requirement for membership is that there be a problem of alcoholism in a relative or friend

December 24th	December 31st
2:00 pm NewLife AFG Chair: Chris K.	2:00 pm Royal Ottawa AFG Chair: Sue D.
4:00 pm Closed Alateen meeting Teens age 10 to 18 welcome	4:00 pm Royal Ottawa AFG Chair: Angela
6:30 pm Saturday Night Serenity AFG Chair: Aurelia	6:30 pm Together We Can Make It AFG Chair: Michelle T
8:00 pm Bell Corners AFG Chair: Ruth J.	8:00 pm Family Panel in Main Hall

Ways to Help

Contribute Funds

Group and individual contributions are accepted. Cheques should be made out to **Ottawa Area Alkathon** and may be mailed to or dropped off at the AA Intergroup office (c/o Bronson Centre, 211 Bronson Avenue, Room 108, Ottawa, ON K1R 6H5) or put into a 7th Tradition box during Alkathon.

Donate Food

If possible, please let AA know in advance if you are bringing any big items such as cooked and carved hams and turkeys (not stuffed, no raw items), mashed potatoes, cooked vegetables, salads and sandwiches. Desserts are always welcome! Food may be delivered from 9 am onwards on Christmas and New Year's Eve.

Volunteer

What makes the Alkathon amazing is not the venue or the food but the people! Volunteers are part and parcel of what make our annual event a spiritual experience for many people – be a volunteer: coffee-maker, clean-up crew, kitchen or serving help, security, or a greeter! Visit alkathon.ottawaaa.org to access online form to volunteer or email alkathon@ottawaaa.org.