

Al-Anon Day April 25, 2020

Stepping Stones to Serenity

Hosted by Arnprior Stepping Stones AFG, with participation by AA and Alateen



Christian Education Centre 269 John Street, Arnprior, ON K7S 2P3
Free Parking + Hot Lunch with vegetarian option + Literature

MORNING PROGRAM	AFTERNOON PROGRAM
9:00 Registration Sign-up for Workshops – numbers limited	12:00 Lunch: Hot lunch with vegetarian options
9:30 Welcome	1:00 Al-Anon History
9:45 Panel – Sponsorship Finding one/using one/being one	1:15 Panel – Why I Keep Coming Back Perspectives from beginning and experienced members 1:15 Alateen Meeting
10:45 Break	2:15 Keynote Speaker – Carl F.
11:00 Workshops & Speaker Meeting Mindfulness Meditation Workshop Step 12 Vision Board Creation Workshop Open AA Speaker Meeting	3:00 Countdown Presentation of “How It Works” to newest member