

Al-Anon's 34th Annual Cabin Fever Workshop  
Saturday, March 16, 2019 9:00 a.m. – 3:00 p.m.

*Al-Anon – The Right Place To Be*

Grace Christian School  
104 Kocher Drive  
Bennington, Vermont 05201

POT LUCK LUNCH AND RAFFLE  
ALL ARE WELCOME

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.
· Finding The Right Fit For Me	
· Out of Despair and Into Peace	
· HOPE from My Very First Meeting	
· (Alateen)What Would It Be Like If There Were No Alateen	
Pot Luck Lunch and Raffle:	11:40 a.m. – 12:50 p.m.
Afternoon Workshops:	1:00 p.m. – 2:00 p.m.
· Attitudes; Is Mine Worth Catching	
· I came For A Quick Fix and Found A Way Of Life	
· Trusting My Higher Power for my "Care Package"	
· (Alateen) I Am No Longer On The Outside	
Closing:	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. At VT 7 intersection, go left at the light onto Kocher Drive. Grace Christian School is on your left, across from the JC Penney Plaza. From the South take VT 7 North. At the VT 7 intersection, go right at the light onto Kocher Drive. Grace Christian School is on your left, across from the JC Penney Plaza.