35th Al-Anon Adult Children Workshop

An Open Weekend for anyone whose lives have been affected by the family disease of alcoholism



"A Little Time for Myself."

April 26th – 28th 2024

GREEN LAKE CONFERENCE CENTER (GLCC) W2511 State Hwy 23 Green Lake, WI 54941

<u>Main Speakers:</u> Cristina N — Naperville, IL Jessica L — Louisville, KY Dave H — Eau Claire, WI Panel "Taking Time for Myself"



30+ Breakout Meetings!

Campfires, Dancing, Games, Meditation Room & so much more!

Room & Meal Reservation: 920-294-3323

- Mention you are attending the "ACAFG Workshop" when booking your room.
- \$97 per Night (Single or Double) each additional person \$15 per night
- Friday Sunday 5 meal package \$72.50 per person (*required with lodging*)
- The First OR Last meal is optional. You must inform GLCC of meal choices when making your room reservation.
- Meal Packages after April 12, 2024 incur an additional \$2 per meal charge
- GLCC cannot guarantee meals if you do not register by April 23, 2024

Register Early and Share this flyer at your meeting!!

Workshop Registration – Online at acafg.org or by mail

Registration fee is only for the cost of the Workshop: speakers,	
meetings, and social events.	

You are responsible for informing GLCC regarding any special needs. Cancellations less than 30 days before event may not receive a refund. For those not staying at GLCC, there is a \$5 per day facility charge.

Service Opportunities:

□ Lead A Meeting, (3-5 Minute Lead Time)

List Your Top Choices (see schedule on back of flier):

- 1. _____ 2.
- 3.
- Registration Table

Literature Table

Campfire/Games

SkitWherever needed

□ Raffle Ticket Sales

For more information or questions: Visit acafg.org or Text / Call Dave M 630-235-5895

Mail to: ACAFG WORKSHOP PO Box 87473, Carol Stream, IL 60188

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		An open we Brayton-Case (Main Room)	Brown Room	Hanson Room	en affected by the Stansbury Room	Johnson Room A Little Time for Myself	Boehr/ Boehr/ Cary Room A Little Time for Myself	Social	Activities For Myself		
	4:00 PM			Registration begins	s at 4:00 pm (Kern L	odge Lobby.	')				
4	5:00 PM	DINNER served 5:00 - 6:00 pm (Kraft Center)									
2024	7:00 PM	Welcome - Daily Readings, Steps, and Announcements (Brayton-Case)									
26th	8:00 PM	Main Speaker- Christine N - Naperville, Illinois									
April	9:00 PM	Criticizing Myself	Controlling Myself	Deceiving Myself	Isolating Myself	Meditation	Self Expression				
Friday	10:00 PM	Self-Awareness	Self-Pity	Caught Between My Parents and or Step Parents	Open AA Meeting	Meditation	Self Expression	Movie Second Floor Lounge	Campfire Picnic Area		
	-										
	7:30 AM BREAKFAST served 7:30 - 8:30 am (Kraft Center)										
	9:00 AM	Supporting Myself	Newcomers	Choosing For Myself	Self-Expectations	Guided Meditation	Rock Painting & Coloring				
	10:00 AM	The Family Disease Of Alcoholism	Caring for Myself	Self- Surrender: Steps 1, 2, 3	Discovering Myself	Meditation	Rock Painting & Coloring	Self Care: Take a break, a nap, meditate, journal, go for a walk, explore, or enjoy fellowship in a lounge.			
	11:00 AM	Abusing Myself	Being Myself In Relationships	Self-Inventory Steps 4 & 5	Self-Love Self-Worth Self-Respect	Meditation	Rock Painting & Coloring				
4	12:00 PM										
2024	1:30 PM	Panel of 4 Centering on Themselves									
27th	2:30 PM	HP & Me My Spirituality	Forgiving Myself & Others	Selflessness Steps 6 & 7	Keeping Myself Safe At Meetings	Meditation	Expression Through Lyrics	Self Care: Take a break, a nap, meditate, journal, go for a walk, explore, or enjoy fellowship in a lounge.			
day April	3:30 PM	Sexual Abuse	Grieving Our Losses	Self-Vulnerability Steps 8 & 9	AA Meeting	Guided Meditation	Guided Journaling				
Satur	5:00 PM	DINNER served 5:00 - 6:00 pm (Kraft Center)									
ŝ	6:30 PM	Daily Readings, Steps, Traditions, and Announcements (Brayton-Case)									
	7:00 PM	Raffle (must be present to win) (Brayton-Case)									
	7:30 PM	Main Speaker - Jessica L - Louisville, Kentucky									
	8:30 PM	Game 🖉	Enjoying Myself	Self- Discipline	Keeping Myself In The Present	Meditation	Self Expression		alle a		
	9:30 PM	Games	Self Care: Meditate dance or bonfire, er go to bed.		Open AA Meeting	Meditation	Self Expression	Dance Location TBA (w/Prizes) Campfire Picnic Area			
\vdash	7:00 AM	11th Step Meditation Hike - Meet at Registration Desk In Kern Lodge									
	7:30 AM	BREAKFAST served 7:30 - 8:30 am (Kraft Center)									
28th 2024	8:30 AM	Joy, Humor, Happiness & Fun	Loving Myself Inner Child Teddy Bear	Self-Awakening Steps 10, 11, 12	Open AA Meeting	Meditation	Self Expression	Self Care: Take a break, a nap, meditate, journal, go for a walk, explore, or enjoy fellowship in a lounge.			
ril	9:30 AM	Daily Readings, Steps, Traditions, and Announcements (Brayton-Case)									
/ April	9:45 AM	Skit (Brayton-Case)									
day	10:00 AM										
Sunday	10:30 AM	Main Speaker - Dave H - Eau Claire, Wisconsin									
	11:30 AM	"Something Special" Giving & Receiving Unconditional Love in a Safe & Trusting Environment									
	12:00 PM	"Amazing Grace", Closing and Open Microphone.									