



ACAFG Al-Anon Adult Children Online Workshop

Saturday Oct 11 & Sunday Oct 12, 2025

Zoom Mtg ID: 817 6162 7840 ~ Passcode: 900631

Saturday 10/11

8:30 AM Room Opens
9:00 AM Speaker: Kathy B. WI, US
10:00 AM Topics: Resentments
Gratitude
11:00 AM Topics: Fear/Worry
Boundaries
12:00 PM Speakers: Hartmut R. WI, US
1:00 PM Topics: Expectations
Courtesy/Kindness
2:00 PM Topics: Victim
Spiritual Solution
3:00 PM Speaker: Jason D. AB, CA

Sunday 10/12

8:30 AM Room Opens
9:00 AM Speaker: Lorna F. CA, US
10:00 AM Topics: Negativity
Honesty
11:00 AM Topics: Powerlessness
Finding Joy
12:00 PM Speaker: Cindy M. IL, US
1:00 PM Topics: Judgementalism
Hope
2:00 PM Al-Alateen Speakers:
Naty & Leah
3:00 PM "Something Special" Closing

All times in US Central
Time Zone (-5 UTC)

7th Tradition Donations:

Zelle - flynbike@aol.com (David M)

Paypal - acafgworkshop@gmail.com (Su P N)

Mail: ACAFG Workshop, PO Box 416, Sandwich, IL 60548

