



ACAFG WORKSHOP

On-Line Workshop for Adult Children and those who love them. Using Al-Anon Literature.

OCTOBER 9TH & 10TH 2021

Zoom ID: 856 4855 8529 ~ Pass Code: 469849

<https://us02web.zoom.us/j/85648558529?pwd=WjM5MzZXSmRQUVUzQmlxZGRRLy94Zz09>

7th Tradition Donations:

Paypal: acafg@gmail.com

Zelle: courageandhope2021@gmail.com

Mail: ACAFG Workshop, PO Box 87473 Carol Stream, IL 60188

SATURDAY - OCT 9
TIMES IN CDT (-5UTC)

9:00 AM SPEAKERS: LAURA S & STEPHANIE B, TX
10:00 AM TOPIC: ABANDONMENT
11:00 AM THREE BREAK OUT MEETINGS:
ACCEPTANCE~CHOICES ~ DENIAL
12:00 PM PANEL: JENN T, TORI T & DAVE S,
CANADA ~ A FAMILY IN RECOVERY
1:00 PM TOPIC: LONELINESS & ISOLATION
2:00 PM TOPIC: PEOPLE PLEASING
3:00 PM SPEAKER: CHUCK K, DENVER, CO
4:00 PM CLOSING

SUNDAY - OCT 10
TIMES IN CDT (-5UTC)

9:00 AM SPEAKER: COLIN H, UK
10:00 AM TOPIC: ADULT CHILDREN & FOOD
11:00 AM THREE BREAK OUT MEETINGS:
CARETAKING ~ PERFECTIONISM~SANITY
12:00 PM SPEAKER: NATHAN D, CHICAGO, IL
1:00 PM TOPIC: FUN & HUMOR
2:00 PM TOPIC: GRATITUDE
3:00 PM SPECIAL CLOSING