

37th Al-Anon Adult Children Workshop

Surviving to Thriving AFG

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

“Rooted in Recovery, Healing Together” May 1st - 3rd 2026

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



Main Speakers:

Lorna F, Belmont, CA

Ken McK, Chicago, IL

Lacy A, St. Francis, MN

A Panel on “Rooted in Recovery, Healing Together”

50 Breakout Meetings! Returning this Year: “Talent Share”

Campfire, Movie, Meditation Room & much more!

Room & Meal Reservation: 920-294-3323

- Mention you are attending the “ACAFG Workshop” when booking your room.
- Book your room by March 1, 2026 to get in our “Block” of Rooms in Kern Lodge
- \$128.00 per Night (Single or Double) each additional person \$15 per night
- Friday - Sunday 5 meal package - \$76.50 per person (*required with lodging*)
- The First OR Last meal is optional. You must inform GLCC of meal choices.
- After registering, special dietary requests can be made at glcc.org/dining
- Meal Packages after April 17, 2026 incur an additional \$2 per meal charge
- GLCC cannot guarantee meals if you do not register by April 27, 2026



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. Book your Room & Meal Direct with GLCC. 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 \$7 per day facility charge.

Service Opportunities:

- ☐ Lead A Meeting, (Read Script & 3-5 Minute Share)

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

1. _____
2. _____
3. _____

- | | |
|--|--|
| <input type="checkbox"/> Registration Table | <input type="checkbox"/> Raffle Ticket Sales |
| <input type="checkbox"/> Literature Table | <input type="checkbox"/> Skit |
| <input type="checkbox"/> Campfire | <input type="checkbox"/> Wherever needed |
| <input type="checkbox"/> Talent Show (Participate) | |

For more information or questions:

Visit acafg.org

Or email acafgworkshop@gmail.com

Name: _____

Address: _____

City/State/Zip: _____

Phone: _____

Email: _____

\$35 Early Registration – Postmarked by March 15, 2026

\$40 Registration–Postmarked after March 15, 2026

\$45 Walk-ins – Friday or Saturday

If you would like to request a scholarship to attend,
please email acafgworkshop@gmail.com

Please make check payable to: ACAFG WORKSHOP




Mail to: ACAFG WORKSHOP

PO Box 416, Sandwich, IL 60548

Repeat nightly: I will register early and volunteer at the workshop, I will register early and volunteer at the workshop, I will register early....

37th AL-ANON ADULT CHILDREN WORKSHOP Surviving to Thriving AFG

Rooted in Recovery. Healing Together. An open weekend for those whose lives have been affected by the family disease of alcoholism.

		Brayton-Case (Main Room)	Brown Room	Hanson Room	Stansbury Room	Boehr Room	Cary Room	Johnson Room	Social Activities	
Friday May 1	4:00 PM	Begins at 4:00 pm Room check-in (Kraft Center) Workshop Registration (Kern Lodge Lobby)								
	5:00 PM	DINNER served 5:00 - 6:00 pm (Kraft Center)								
	7:00 PM	Welcome - Steps, Daily Reading, and Announcements (Brayton-Case)								
	8:00 PM	Main Speaker- Lorna F, Bemont, CA (Brayton Case)								
	9:00 PM	Boundaries	The Recovery Process	Handling Conflict	Our Beginnings in Alanon	Dealing with Anger & Resentments	Self Expression	Meditation		
	10:00 PM	Detachment with Love	Grieving	Abuse	AA Meeting	Overextending Ourselves	Self Expression	Meditation		
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Saturday May 2	7:30 AM	BREAKFAST served 7:30 - 8:30 am (Kraft Center)								
	9:00 AM	Needs, Feelings & Emotions ¹	Sexual Abuse	Steps 1, 2, 3	Newcomers to Al-Anon	Family Relationships ¹	Rock/Tile Painting & Coloring	Guided Meditation	Self Care: Take a break, a nap, meditate, journal, go for a walk, explore, or enjoy fellowship in a lounge.	
	10:00 AM	Encouraging & Understanding Our Alcoholics	Manage, Martyr, Mother, Manipulate, Monitor	Steps 4 & 5	Guilt & Shame	Forgiving Ourselves & Others ¹	Fellowship	Meditation		
	11:00 AM	Adult Children & Food	Awareness, Acceptance & Action	Steps 6 & 7	Sexual Integrity	A Sense of Belonging	Rock/Tile Painting & Coloring	Sharing Meditation Experiences		
	12:00 PM	LUNCH served 12:00 - 1:00 pm (Kraft Center)								
	1:30 PM	Panel Speakers - Rooted in Recovery, Healing Together								
	2:30 PM	Minding my Own Business	Service Speeds Recovery	Steps 8 & 9	Perfectionism	H.A.L.T. Hungry, Angry, Lonely, Tired	Fellowship	Meditation	Self Care: Take a break, a nap, meditate, journal, go for a walk, explore, or enjoy fellowship in a lounge.	
	3:30 PM	Didn't Cause Can't Control Can't Cure	A Little Time For Myself	Steps 10, 11, 12	AA Meeting	Respect	Guided Journaling	Guided Meditation		
	5:00 PM	DINNER served 5:00 - 6:00 pm (Kraft Center)								
	6:30 PM	(Brayton-Case) Traditions, Daily Reading, Announcements and Raffle (Must be present to win)								
	7:15 PM	Main Speaker - Ken McK, Chicago, IL (Brayton-Case)								
	8:30 PM		Rooted in Recovery	Using the Slogans	AA Meeting	We Am Not Alone	Fellowship	Meditation	Self Care: Take a break, a nap, meditate, journal, go for a walk, explore, or enjoy fellowship in a lounge.	
9:30 PM	Forgiving Ourselves & Others ²		Family Relationships ²	Needs, Feelings & Emotions ²	Loving Myself - Teddy Bear Mtg ³	Meditation				
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Sunday May 3	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)								
	8:30 AM	Joy & Laughter	My Miracle of Recovery	Responsible Choices & Decisions	AA Meeting	One Day at A Time	Fellowship	Meditation	Self Care	
	9:30 AM	Steps, Traditions, Daily Reading, and Announcements (Brayton-Case)								
	9:45 AM	Skit (Brayton-Case)								
	10:00 AM	Let Go and Let God - Resentment Roast (Brayton-Case)								
	10:30 AM	Main Speaker - Lacy A, St. Francis, MN (Brayton-Case)								
	11:30 AM	"Something Special" Giving & Receiving Unconditional Love in a Safe & Trusting Environment								
	12:00 PM	Closing and Open Microphone.								
	12:30 AM	Workshop Ends..... Safe travels								

1 & 2: Repeated meetings Saturday at 9:30 pm. 3: Please bring your teddy bear (or stuffed animal) to Loving Myself - Teddy Bear Meeting