

# *Changed Attitudes + Inspired Perspectives!*

## Program Schedule

<u>Time</u>	<u>Al-Anon</u>	<u>Al-Anon</u>	<u>Al-Anon</u>	<u>Al-Anon – Spanish- Speaking</u>	<u>AA</u>
	<i>Multi-Purpose Room</i>	<i>Room 14</i>	<i>Room 15</i>	<i>Room 13</i>	<i>Church Parlor</i>
8:30 – 4:30	<b>Registration, Literature Sales</b> <b>8:30 – 11:00 Breakfast/Snacks/Coffee</b>				
9:30 – 10:30	[No Workshop]	Panel: Why I Do Service & How It Has Changed My Life	Changing The Things I Can – My Attitude	Dano	Freedom Through Sobriety – Steps 1, 2 & 3
10:45 – 11:45	Participation Workshop: Reaching Out – Attracting & Encouraging Diversity	Recovering My Sense Of Humor	Filling The Hole In My Heart – Building A Relationship With Myself & My Higher Power	Comportamiento Inaceptable	Relationships & Self-Esteem In Sobriety
11:45 – 1:00	<b>Salad Bar Lunch, Raffle Tickets</b> <b>12:15 – 12:45 Gentle Yoga (Room 14 – bring your mat!)</b>				
1:00 – 2:00	Book Study: Intimacy In Alcoholic Relationships	Panel: Sponsorship Solutions For Sponsors & Sponsees	Cultivating An Attitude Of Gratitude	Lema – Suelta Las Riendas Y Entregaselas A Dios	AA Meeting – Open Topic
2:15 – 4:30	<b>Raffle Results</b> <b>Speakers:</b> <i>Spanish Al-Anon: Vezzy, Oakland</i> <i>AA: Dorothy G., Oakland    Al-Anon: Doris M., Berkeley</i>				

# 2018 DISTRICT 15 DAY IN AL-ANON With AA Participation



**“CHANGED ATTITUDES + INSPIRED PERSPECTIVES!”**

**Saturday, October 6  
8:30 a.m. to 4:30 p.m.**

**First Presbyterian Church of Hayward  
2490 Grove Way, Castro Valley**

**Registration at the Door: \$15**

