

District 5 Washington & Dodge County

Al-Anon Family Groups



## “Self-Care in Recovery” Workshop

- S** - Strength of the Steps
- E** - Step Eleven / Meditation
- L** - Letting Go and Letting God
- F** - Forgiving
- C** - Calling our Sponsor
- A** - Attending Meetings
- R** - Reading Literature
- E** - Ensuring we're not in HALT

**When:** Saturday, March 25, 2023

**Time:** 8:30 a.m. – Noon

**Where:** St. Luke Lutheran Church  
4860 Arthur Ave., Slinger WI 53086

**Panels Start at 9:00 (Three Panels)**