



*" ...I didn't cause  
alcoholism,  
I can't control it.  
I can't cure it.  
I can continue to  
struggle and lose.*

*Or I can accept that  
I am powerless  
over alcohol  
and alcoholism,  
and let Al-Anon  
help me to  
redirect the energy  
I've spent on fighting  
this disease  
into recovering  
from its effects."*

p. 74, from *Courage to Change*,  
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## Rhode Island Area Al-Anon Family Groups

*Hope and Help for Families and Friends of Alcoholics*

### Annual Workshop Navigating the C's of Al-Anon

Rhode Island Al-Anon Family Groups  
with Alateen and AA Participation

Our Day will include speakers, meetings, raffles,  
food, fun, fellowship and most of all - Recovery!

Saturday, October 7<sup>th</sup>  
9:00 am - 3:30 pm

Butler Hospital  
Ray Conference Center  
345 Blackstone Blvd.  
Providence, RI 02905

Suggested Donation \$10.00\*  
No charge for Alateen

*\*Do not let financial hardship prevent you from attending a day of recovery.  
To offer to volunteer in lieu of donating or make other arrangements, please  
contact the office.*

#### **CAN YOU DO SERVICE?**

Call out for Groups and members to volunteer  
for service on the day of the Workshop.  
To volunteer or ask any questions on opportunities,  
contact: Tom H - 2017 Workshop Chair by email  
[Workshop.riafg@gmail.com](mailto:Workshop.riafg@gmail.com) or  
contact the office at 401-781-0044

#### **Donations Requested!**

Groups and members - Please donate gift baskets and/or  
items for our raffles!

#### **Potluck Lunch**

We ask each participant to bring a dish to share.

**We welcome love gifts to share.**

#### **Volunteers Requested!**

Check <http://riafg.org/> for updates  
and the workshop agenda