

# Changed Attitudes ABOUT

# BOUNDARIES



## A Full Day Workshop on Boundaries

- *What are boundaries?*
- *Why do we need them?*
- *When can we use them?*
- *What tools does Al-Anon offer us for identifying and using boundaries?*

## Admission and Lunch by 7th Tradition

*Rather than selling tickets and charging registration fees, we will rely on the participants and our Higher Power to help us to recover costs and break even.*

## Open to All: "Al-Anon Spoken Here"

*Anyone with an interest in Twelve Step Recovery is welcome, but please be respectful that our focus is the Al-Anon program.*

**November 4, 2017**

9:00 a.m. – 3:00 p.m.

St. Stephens Anglican Church  
220 Helmsdale Avenue  
Winnipeg, MB

**Mediator: Ian B.**

Steps to Freedom AFG  
Saskatoon, SK

## FOR MORE INFORMATION CONTACT:

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HOSTED BY:

# Changed Attitudes

AL-ANON FAMILY GROUP

*"We believe that alcoholism is a family illness, and that **changed attitudes** can aid recovery."*