

**Corrected Flyer  
for  
2008 Spring Workshop**

*Check list of what  
to bring to the  
workshop*

- Bag lunch
- Dessert or  
snack to share
- Raffle Items
- Me:

**Schedule:**

**8:30 am Registration**

**9:45 am Workshops**

**3:30 pm Adjourn**

**Questions Contact:**

**Deborah**

**703-899-8222**

**[DFIN789@aol.com](mailto:DFIN789@aol.com)**

**Or**

**Sharon**

**703-368-5986**

**Directions**

**From I-95:**

Take Exit 158, Prince William  
Parkway, towards Manassas

Go approximately 12 miles  
(approx. 18 traffic lights)

Turn right onto Liberia Avenue

Then left onto Centreville Rd (Rt.  
28 S)

Turn right onto Sudley Rd (Rt.  
234 N)

Turn left at light at Plantation  
Lane into parking lot for The  
Rock.

**From I-66 W:**

Take Exit 47A (Rt. 234 Business)  
towards Hospital

Go approximately 4 miles to light  
at Plantation Lane

Turn right into parking lot for The  
Rock

**From 28:**

Take 234 N, Sudley Rd.

Go approximately 1.2 miles

Turn left at light at Plantation  
Lane into parking lot for The  
Rock

**Bull Run District  
Al-Anon Family Groups  
Theme: Feelin' Great in '08**



**Saturday**

**April 26, 2008**

**8:30AM-3:30PM**

**The Rock**

**8730 Sudley Road**

**Manassas, VA 20110**

**TOPICS**

**Transforming Our  
Losses**

**Letting Go**

**Taking Care of  
Ourselves**

**Healthy Relationships**

**Boundaries vs.  
Tolerance**

**Forgiveness**