

# **Road Trip to Recovery**

Al-Anon District 23 Workshop with AA Participation

**Saturday June 22nd – 8am-3pm**

St. Luke's Church  
1674 Old Freehold Rd.  
Toms River, NJ

**\$10.00 Cash Only**

**Pay at the door/  
Pre-registration  
Online requested**

**[District23area36@gmail.com](mailto:District23area36@gmail.com)**

**First and last name, telephone # and email- no money**

**Lite Continental Breakfast provided**

**Bring a Brown Bag Lunch and Snack to share**

**Thanks and hope to see you at the Workshop**

# Sample of Possible Workshops

Choosing a Travel  
Companion-  
HP as my Co-pilot



Road Rage –  
Dealing with Anger and  
Resentment



Arriving Safely –  
Gratitude



Sightseeing Plans-  
Anticipation vs Expectations