



SOWING THE SEEDS OF RECOVERY

An Al-Anon Day of Sharing



PRESENTED BY DISTRICT 4

Saturday, April 25, 2026



Saint Michael's School Cafeteria

40 Alden Street, Cranford, NJ

11am - 4pm



11:00 – 11:30 Registration

Session I

How Al-Anon Works
(choose one)

The Recovery Process

Fellowship

Higher Power

12:45 – 1:15 Brown Bag Lunch

Suggested Donation \$5

1:30 – 2:30

Session II

Tools (choose one)

Slogans

Steps

Meetings

2:45 – 3:45 Speakers

