

# APPRECIATING ASSETS RELEASING DEFECTS

**Saturday March 30th**  
noon till 4pm



NYC Al-Anon Intergroup's monthly workshop will explore growing toward a Higher Power of our understanding as the effects of the family disease of alcoholism and "character defects" lift with recovery, revealing assets. Newcomers are welcome. You do not need to have already worked a 4th step with a sponsor to participate.

**Location:**

**P.S 41, 106 West 11th Street (and 6th Avenue)  
New York, NY 10011**

- 12pm *Powerless but not helpless (Step 1)*
- 1pm *From "insanity" to "in sanity" (Step 2)*
- 2pm *Resistance and letting go (Step 3)*
- 3pm *Shame and sharing (Step 4)*

**The day includes:**

- Hourly speakers, and time for sharing
- Reading of Al-Anon Conference Approved Literature

\$10 suggested donation supports Intergroup and helps cover rent

All are welcome to show up and share experience, strength, and hope!

