



## AL-ANON SPRING ESCAPE 2018

June 1, 2, and 3, 2018 in Ancaster, Ontario at Mount Mary Immaculate Centre.

### COMMUNICATION *Respecting Ourselves and Others*



Focused on the Al-Anon Program and sponsored by District 20, this weekend get-away is for men and women who have been affected by someone else's drinking. The weekend offers meditation, gentle group exercise, discussion meetings, outdoor walks, a speaker meeting, an evening bonfire, laughter and the warmth and support of fellowship.

- **The cost of \$190.00** covers a single or double room on Friday and Saturday nights, and meals from Saturday breakfast to Sunday lunch, inclusive. **There are 34 places available.**
- Once you register, you'll receive a confirmation email. If the spaces are already filled, you will receive notification that you are on the waiting list. Closer to the weekend, confirmed registrants will receive a welcome package with driving directions.
- To reserve your spot, please mail in completed registration form and a cheque OR mail/e-mail just the form info and pay via e- transfer to Peter at his e-mail address below. Cash will not be accepted.
- **If not paying by e-transfer, please send form and cheque for \$190.00 payable to Spring Escape, post-dated no later than April 29, 2018 to:**

#### SPRING ESCAPE

c/o 29 Glendonwyne Rd., Toronto, ON M6P 3E5

If you require more information before registering, please contact Peter A.

at: [peter.eh.armstrong@gmail.com](mailto:peter.eh.armstrong@gmail.com) or (416) 931-7865

**Registration Form: Your personal information will be used only for Spring Escape 2018 registration.**

( ) This is my first visit to Spring Escape.      ( ) I would like to help out on the weekend.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

#### ***Accommodations at Mount Mary:***

( ) I would like a single room    ( ) I would like to share a room with \_\_\_\_\_.

( ) I have trouble with stairs.

**Food preferences:** Please indicate if you require: ( ) gluten- free, ( ) vegetarian, or ( ) rice milk

**PLEASE NOTE:** Reservations are on a first-come, first-served basis. If you must cancel, please let us know as soon as possible. Our first priority will be to those on the waiting list. If we are unsuccessful, you will be responsible for finding a replacement or your payment will be forfeited.