

# *A Little Time for Myself*

District 31 Kingston Region

Day of Al Anon 2024

**Oct 5, 2024 Registration 8:30 am**

**Program 9 am- 4 pm**

**Crossroads Church**

**690 Sir John A. MacDonald Blvd**

**Kingston, Ontario**

To be environmentally friendly  
please bring your own water bottle

The program will include:  
Speakers (Al Anon and AA)  
and a Workshop

A Potluck Lunch will be provided.

