

Growing Oaks



OAKLAND COUNTY
AL-ANON FAMILY GROUPS
NEWSLETTER - WINTER 2019



There are always lots of fun, exciting events going on in Al-Anon. Some upcoming events can be found starting on page 9, but be sure to check out the website for Oakland County Al-Anon/Alateen for even more information:

OAKLANDAFG.ORG

I'm Late! I'm Late!

Well, not technically. Despite what the groundhog said this year it is clearly still winter in Michigan! So welcome to the Winter 2019 issue of the Growing Oaks Newsletter! Here you will find updates about last Fall's very successful Fundraiser/Workshop based on the theme of "Adventures in Recoveryland". We had a record 129 people attend this year and raised \$5000 for the county AFG and office! Also included in this issue are shares from many of our members, and updates about future events! So join me down the rabbit hole to see how many impossible things we can think up before breakfast!



* All Alice In Wonderland clip art sourced from royalty-free site DisneyClips.com

Need to find a meeting?

You can find an up to date list of Oakland County Al-Anon Meetings at our website. (link at right.) You can email us at the newsletter or contact the office through the website for information on locations and times for Alateen meetings.



*Growing Oaks is a quarterly publication of
Oakland County Al-Anon/Alateen
Family Groups*

*Phoenix Square Office Building
3720 Elizabeth Lake Road
Waterford, MI 48328
248-706-1020*

oaklandafg.org

Edited by Greg B.

*This is **YOUR** newsletter: Your articles and announcements are welcome!*

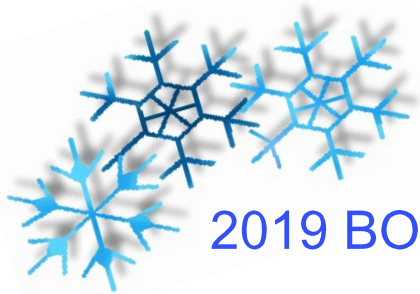
*Please email to:
digadigadig@yahoo.com*

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Trusted Servants

For our group purpose there is but one authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants—they do not govern.

Al-Anon/Alateen Second Tradition



2019 BOARD MEMBERS

Chairperson: Ruthanne O. 248-229-2709

Co chair: Jackie F. 248-321-0749

Secretary: Kathy J. 248-767-0323

Treasurer: Mitch S. 248-324-1448

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Heather D. 248-787-6070

Jaema B. 248-852-1946

Haley K. 248-461-7053



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District 12 Alt Rep

****Open - Position Available****

District 14 Rep

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District 14 Alt Rep

Theresa M. 248-894-4385

AWSC Liaison

****Open - Position Available****

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The 2018 Fall Fundraiser Workshop Team Thanks you!

Dear Friends in Al-Anon,

Putting together an event like the Oakland County AFG Fall Fundraiser Workshop is always a balance. Our primary goals are sharing recovery and carrying the message, but we also have food and fellowship and striving to put the fun in fundraising! We had so much fun with our theme of "Adventures in Recoveryland" and were delighted that so many of you were able to join us.



We wanted to take a moment to express our heartfelt thanks for all who helped with the Fall Workshop on November 17th. There are numerous committees of volunteers that come together to pull off this huge undertaking: Decorations, Registration/Treasurer, Publicity, Hospitality and Food, Setup/Cleanup, Technology, Literature, Program, Public Outreach and of course, Silent Auction. We're so grateful for everyone's time and talents shared. And to all the groups that donated baskets and items for the auction, thank you for everything! We were just blown away by the wonderful selection of items and creativity and workmanship! To our troupe of actors in the skit, Bravo! And speaking of skits, a huge thank you to Cheryl for creating the piece de resistance-the Mad Hatter's Hat! And thank you for the Cheshire Cat chair painted by Linda and DZ (photo at right), and the beautiful quilt donated to Alateen, and the food donations of Greek salad and the adorable cake and many assorted sweets! And last but certainly not least, a big thanks to our truly incredible speakers who shared their experience, strength and hope! We couldn't have done it without all of you! (And thank you to anyone else we may have inadvertently left off the list!)



With all of your help, this year's Fall Workshop raised over \$5,000! The money will go toward, keeping our Oakland County AFG office open with rent, office supplies, etc., as well as seed money for next year's workshop and other events, Public Outreach, and our website to name a few ways the funds are allocated. A small portion of the money raised was specifically for Alateen via a quilt that was donated. As always, the Group Reps will approve the overall budget for 2019.



Hat contest competitors

On another note, we are always looking for more volunteers for the Fall Workshop and other events. If you would like to get more involved in a big or small way, please leave a message for us on the office voicemail at 248-706-1020 and we'll be in touch! Or speak with your Group Rep, District Rep, or Public Outreach Coordinator. There are always ways to be involved.

Thank you! Thank you! Thank you!

Sincerely,
Michelle and DZ,
2018 Oakland County AFG Fall Fundraiser Workshop Co-chairs.

*"I can't go back to
yesterday because I was a
different person then"*
~Alice in Wonderland





Follow Alice through the keyhole to see sights of the workshop!



Which silent auction item did our very own White Rabbit bid on?



Lateen quilt raffle



Oh oh!!!



Some amazing decorations!



...A winning hat!



Recovery Found at the Fall Workshop

As the Fall workshop theme was “Adventures in Recoveryland,” attendees were asked to write a few words about what has helped the most along the journey in recovery. Was it getting a sponsor, working the steps, service work, or going to meetings? Maybe a little of many things, what was it that made the difference for you? What finally clicked for you? Here are some of the shares that we collected:

ALL OF THE ABOVE! Family gatherings with my in-laws were extremely difficult and painful. I would leave and obsess for days afterwards – going deep down the rabbit hole. Finally, I would attend these get togethers and “ACT AS IF” I was at an Al-Anon meeting. I talked to and hugged only those that I could. At the dinner table, I listened and did not cross talk. It changed these get togethers completely for me. Also, I take what I like, and leave the rest. – Dorene P.

Pain from unsuccessful efforts catapulted me into this 12 step program, which changed my life. Crisis management led to an awareness of just how powerless my controlling is and just how powerful letting go is. Life is better in Al-Anon. – Cynthia R.



Before Al-Anon my focus was 100% outside myself. My circumstances, how people treated me, what the addicts in my life were doing...this is what dictated the type of day I was having. I always felt like a victim. Since program I know I'm powerless over people, places and thing. I have power over who I will let into my life. I have power over how I choose to respond and my attitude. I am a beautiful child of G-d and I'm worthwhile and valuable. My focus is on me and what's in my hula hoop I pray to help my addict and for G-d to change me. – Andrea S.

Service work kept bringing me to be active in my program, going to meetings I always feel better after a meeting, making Al-Anon friends who saved me and brought sanity to my life, sponsorship...sponsoring others was the greatest gift and made my program better – Stan R.

Like many members, I first went to Al-Anon when my life had become unmanageable and I thought I was going crazy. At first I questioned if I belonged because I never lived with active alcoholism. I soon learned I had been affected by the family disease and was a classic co-dependent; my qualifier being my sober alcoholic husband of seven years. The family dynamics, (which included two teens from my first marriage and a 7 & 4 year old from my current marriage,) changed within weeks of me attending meetings. While I benefitted from sponsors, steps, service and meetings, what helped the most: asking my higher power to remove my shortcomings; reminding myself that my qualifier and children are on their own journeys under the guidance of their own higher power, detaching with love, patience with “progress not perfection.” The program continues to support me in all situations and relationships in my 22nd year of “working it.” – Kathy J.



I have enjoyed many years in the program because of the family I have made. The people in this program have helped me love my alcoholic, but hate the disease. I have learned to give back in order to grow more. I do as much service work as I can. I love this program and all it has done to change my life for the best – Emily P.

The tea party sketch set (with a mad interloper) and some of the actual deserts served!





My adventure is only about 3 months into Al-Anon. What has helped me so far is the members in the group I attend, and attending meetings. Unexpectedly I am presented with an opportunity to bring a suffering individual to the Al-Anon program and I hope and pray she will find serenity and hope in the program. I'm far enough along I know the program will work if you work it! – Eva B.

Stay in the moment! - Julie

Having a sponsor has been very helpful in my recovery. Also, going to 5 meetings a week has helped me. When I admitted I was powerless, that was the turning point in my recovery.

Getting into Al-Anon, getting a sponsor, working steps, going to meetings, lots of different meetings. Getting honest and letting go, the 'surrender' to God. Finding God, my higher power. Minding my own business. Knowing that I am not in control and everyone has their own higher power. Keeping focus on myself. Trusting God will make things all work out. One day at a time I stay present with Gods presence.

Don't let perfection become the enemy of the good. This is my priority or my wish. Collecting gratitude experiences throughout my day.

Perhaps my "qualification" for Al-Anon was being hit on a bicycle by a drunk driver at age 16. I carried resentment for many years. I began praying that he had made it into recovery. My knee, which had been injured in the accident, became more manageable.

Without question, the people of Al-Anon have helped me the most in my recovery. Guided by the steps, traditions, slogans and readings, the sharing of my fellows have given me hope and shown the way. My sponsor has been invaluable. The love, respect and regard of my fellows shows that God's love is real, and for that I am infinitely grateful!

Sponsor, weekly phone call meetings, same time, same day. Listening to AFG recordings/CDs. Practicing what I would say to a person I was in conflict with on my sponsor.

Forcing myself to go to a minimum of one meeting per week and reading Al-Anon literature every morning (or when I can fit it in) have been essential parts of my recovery Building relationships at meetings helped me to not feel so alone in a situation where isolation was very easy to do. Going to the same meeting also helped me to find a sponsor who has helped me navigate my journey and help my daughter in Alateen.

All of the above, but when I read p 25 of How Al-Anon Works, I burst into tears as I realized I had most of those negative behaviors. The solution? Keep coming back, work the steps, give service.

I have found that going to meetings, listening to others and sharing my story has supported my journey. And knowing that I could go at my own pace. No one was there to judge my progress except me.

Just as our qualifiers need to hit their low point, I needed to hit mine. Thus began my adventures in recoveryland. I think what has helped the most has been a willingness to make changes; to let go of what I can't control, to recognize that worrying about things doesn't make them go away; I'm just not that powerful. As much as all of this has contributed to my recovery it is the deep friendships that have evolved over the years that have been at the center of my growth. Our stories may be different but our challenge is the same – to maintain our serenity. I have gratitude every day for my friends and knowing that I truly am never alone.



Having ways to answer or reply to nasty or hurtful things my husband says to me.

Learning "all" people in alcoholic families are affected. Learning it was not recovery when my alcoholic quit drinking but when I learned it affected me. This happened in the middle of an ACOA conference and the way I was at the time nobody wanted to listen. Accepting that I am someone with an extreme need for attention, which has been a handicap for me. When I can accept this, I can get away from it far enough to realize I don't have to be the fantasy person anyone (myself included) expects me to be. Nothing shines brighter in the darkest of night than the dimmest of light. Too much light at once would blind us. I believe recovery works that way too.



The meetings saved my life and that of my qualifier. I've made great friends and have acquired a great support system.

What worked best for me was getting a sponsor!

Daily reading of literature, going to multiple meetings a week, getting involved, attending tri-county conference and this fall fundraiser workshop, understanding that I can't control others

Daily readings and going to as many meetings as I can. The meetings help confirm the information that I read. Hearing from the people who have worked through the steps give me hope for my own recovery.

Keeping it simple and working the steps. Reading of the "Big Book"

Getting a sponsor! Going to meetings even when I didn't want to or resented going! After a couple of years in Al-Anon I finally started to look at myself!!!!

Going to the meetings regularly even when I didn't feel like it. I always heard what I needed to hear.

When I started to respond differently to people places and things I began to realize I was not in a good place and I really didn't know myself the way I thought I did. I love the daily readers and all the literature and talking to people who understand me.

Today I have options about my reaction (s) to: how I feel about myself; how long I will wait; how my prayers are being answered; how long I will be angry; How long it will take me to ask for help from my HP; how I found gratitude from my upset.

What helped me the most is support from my loved ones. Their encouragement for me to get better emotionally.

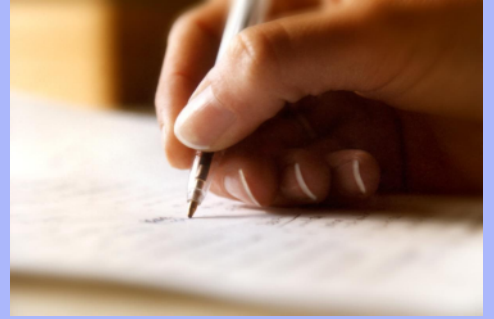


Thank you to all who submitted shares for the newsletter! We love being able to spread the news that recovery is there if you just look for it!

Remember that you are never alone.

And we hope to see you next year at an even bigger and better Fall Workshop!

A Letter to My Addict



I am the parent of an alcoholic/addict. I need to help myself. Only then, can you help yourself. I won't blame myself for your disease. I wouldn't blame myself if you had cancer or diabetes. Alcoholism is a disease too.

Don't hide your liquor or empty bottles, it's just a waste of time. I don't have to see them, I know you have liquor and empty bottles.

Don't let me provoke your anger, If I attack you verbally or physically, I will only hate myself later. I already hate myself for not being able to prevent or find a cure for your disease.

Don't consider my love for you or anxiety over the severity of your disease, will result in my doing for you what you need to do for yourself. If I assume your responsibilities, I'm not allowing you to conquer this disease. I will no longer contribute to your "learned helplessness." I will no longer feel guilty as an enabler of your disease. Only then can you too free yourself from the guilt of being the cause of your disease. And instead become the catalyst for recovery.

Don't accept my promises. I'll promise anything (throwing you out of the house, leaving you in jail) to try to stop you from taking that next drink. But the nature of being a parent prevents me from keeping my promises, even though I mean them at the time. Know, each day I am learning and becoming stronger. One day there will be no promises, just consequences.

Don't concede to my empty threats (I'll never speak to you again, I won't ever give you money). The only real threat, from my empty threats, is the progression of your disease.

Don't infer my love for you will prevent me from recognizing the symptoms of this disease. I know I have no clue as to whether you are lying or telling the truth. If anything, I need you to see my consistent fortitude of battling any enablement to the disease, so you have any possibility of respecting me. And more so, of recognizing your reality so you can once again respect yourself.

Don't try to wear me down, so that you can take advantage of or EXPLOIT me in any way. I love you too much. Throughout your life, I've seen the respect you have for me and justice you have in your heart and mind. These characteristics are deteriorating as the disease progresses. I will no longer participate in any further deterioration.

Don't let me COVER UP for you. I am only trying to spare MYSELF of the consequences of your drinking. To fight your disease, **you need to suffer the consequences**. I love you enough to watch you suffer. Knowing this is the only way your disease can go into remission.

Above all, **DO** learn all you can about alcoholism and your role in relation to this disease. Go to AA meetings, read literature, and keep in touch with Alcoholics Anonymous members. They're the people who can help you see the whole disease and your situation clearly.

Know we have no regrets. Most of all, know we love you.

Mom and Dad

OAKLAND COUNTY AFG DISTRICTS 12 & 14

2019 CALENDAR OF EVENTS*

DATE	EVENT
January, February March	
Mar 2	Oakland AFG Board Meeting, 8:30 am, District/Group Rep Meeting, 9:35 am:
Mar 8-10	Area 33 AA March Round Up with Al-Anon Participation, march-roundup.org
Mar 9	AWSC – Area World Service Committee (area state wide District Representatives & Member Guests meeting), St. Louis, MI
Mar 11	4 th Step Study Kickoff Meeting, 7:30pm, Room 220, First Presbyterian Church, 1669 W. Maple, Birmingham
Mar 15-17	Together We Can recovery conference, with Al-Anon and Alateen participation. Troy Marriott. www.TWCDetroit.com
April, May, June	
Apr 5	<i>Oakland County AFG Public Outreach</i> , 6:30pm, Sylvan Lake Lutheran Church, 2399 Figa, Keego Harbor
Apr 6	Oakland AFG Board Meeting, 8:30 am, District/Group Rep Meeting, 9:35 am:
Apr 27	Spring Training Workshop, Knox Hall, First Presbyterian Church, 1669 W. Maple, Birmingham
May 3-5	47th Michigan AFG Convention; Shanty Creek, MI
May 11	Oakland AFG Board Meeting, 8:30 am, District/Group Rep Meeting, 9:35 am:
June 1	Oakland AFG Board Meeting, 8:30 am, District/Group Rep Meeting, 9:35 am:
June 8	Spring Assembly (area/state wide Group Representatives & Member Guests meeting) 10 am, St. Louis Church of Christ, 1075 West Monroe Road (M46), St. Louis, MI 48880
July, August September	
July	No Oakland AFG Board Meeting, No District/Group Rep Meeting:
July 26-28	KOMIAC Alateen Conference. See Alateen Sponsor for details.
Aug 3	Oakland AFG Board Meeting, 8:30 am, District/Group Rep Meeting, 9:35 am:
Aug 10	AWSC – Area World Service Committee (area state wide District Representatives & Member Guests meeting), St. Louis, MI
Sept 7	Oakland AFG Board Meeting, 8:30 am, District/Group Rep Meeting, 9:35 am:
Sep 27-29	AA Tri-County Conference with Al-Anon participation
October, November, December	
Oct 5	Oakland AFG Board Meeting, 8:30 am, District/Group Rep Meeting, 9:35 am:
Oct 12	Fall Assembly –Election Assembly (area state wide Group Representatives and Member Guests meeting), St. Louis, MI
Nov 2	Oakland AFG Board Meeting, 8:30 am, District/Group Rep Meeting, 9:35 am:
Nov 9	AWSC – Area World Service Committee (area state wide District Representatives and Member Guests meeting), St. Louis, MI
Nov 23	Fall Fundraiser Workshop, First Presbyterian Church, 1669 W. Maple, Birmingham
Dec 7	Oakland AFG Board Meeting, 8:30 am, District/Group Rep Meeting, 9:35 am:

2020 and Beyond

July 2020: International AA Convention with full Al-Anon/Alateen Program – Detroit, MI

**Calendar includes Al-Anon/Alateen events and AA events with Al-Anon participation, and events sponsored by other districts. Dates/Events subject to change or cancellation. See Oaklandafg.org>Events /Flyers for latest information and updates on Al-Anon/Alateen events. Information as of 3/1/2019.*

MARCH ROUNDUP 2019

Crowne Plaza Detroit Downtown Riverfront, 2 Washington Blvd, Detroit, MI 48226

New Location!

Same Great Time!

Crowne Plaza

March 8-10

Keynote Speakers & Workshops

• FRI 3 PM • Doors Open

AA Speakers

• FRI 8 PM • Larry T. • Long Beach, CA

• SAT 8 PM • Tami P. • Chatsworth, CA

• SUN 11 AM • Lillian D. • Austin, TX

Al-Anon Speaker

• SAT 2 PM • Jenny P. • Eureka Springs, AK

• Alateen Speaker • SAT 4 PM

ASL Interpreter & Special Needs Seating Offered for Main Speakers



• Dance • Sobriety Countdown • Skits • Karaoke • Panel Discussions • Alkathon • Spanish Program • Hospitality Rooms • Displays •

HOTEL RESERVATIONS WITH THE CROWNE PLAZA

You support MRU when you call (313) 965-0200

Ask for "March Roundup Special Rate" of \$129.00/night + tax until Feb. 28th



DOWNTOWN DETROIT PARKING

• Discount Available for Hotel Valet and Overnight Valet

• Visit the International Convention site for more downtown Detroit Parking info:

<https://internationalconvention.visitdetroit.com/transportation/>

We encourage carpooling to reduce parking costs

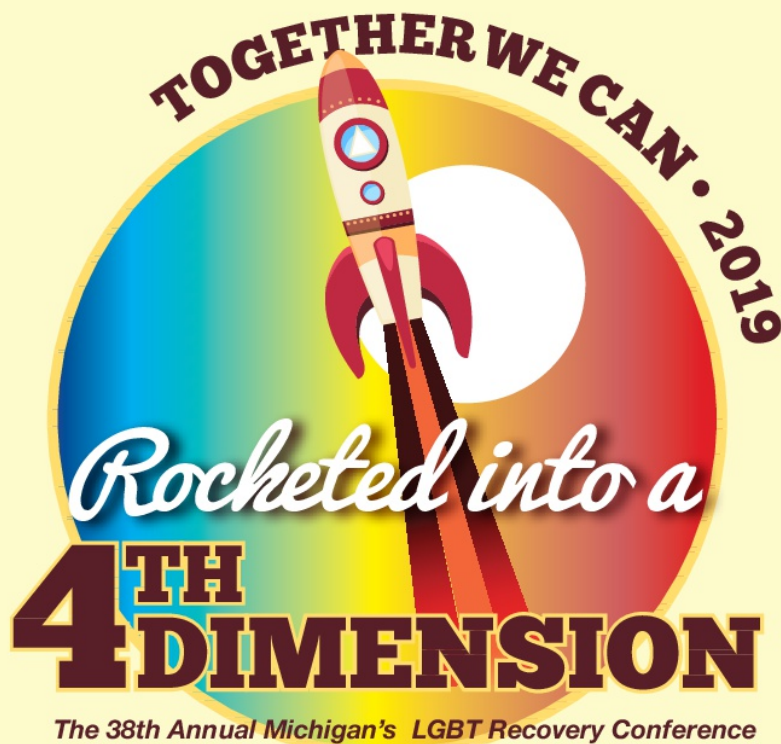
• To be included in the MRU carpool schedule, call or text (313) 600-1593



You Can Volunteer or Register Online & Check for Updates!

www.march-roundup.org

For More Info Contact: March Roundup Chair: Lauren M. 313.600.1593 or
Registration Co-Chair: Dave N. 248. 765. 3707 or registration@march-roundup.org



MARCH 15 - 17, 2019

**Troy Marriott Hotel
200 W. Big Beaver Road
Troy, Michigan 48084**

The goal of Together We Can is to provide educational opportunities on substance abuse issues to the gay, lesbian, bisexual, transgender and allied communities.

Everyone is welcome, so please join us for this three-day event of education, fellowship and celebration.

Register today at twcdetroit.com

TWC'S HISTORY

According to legend – and some “old timers” – after the annual Oxley retreat, some members thought that it would be helpful to have “something to get us through the winter”.

So, today’s three-day conference began as a simple one-day event back in March, 1982.

The name “Mid-Winter Warm-up” was given to a day-long session of workshops, buffet supper and dance at a members home.

The phrase “Together We Can” appeared after the first few years and became the permanent conference title in 1987.

We became a 501C (3) Non-Profit Corporation in 1990.

This has since evolved from a church basement to high profile hotels with a full weekend of varied workshops, speakers, entertainment, hospitality suites, banquet etc. – which has only been possible with the long hours of dedication of many people.



SAVE THE DATE!

“SPRING TRAINING”
WORKSHOP

Hosted by
Oakland County Al-Anon Family Groups

Geared toward GRs, DRs & members
interested in learning more about recovery
through service work. All are welcome!

SATURDAY, APRIL 27, 2019

First Presbyterian Church of Birmingham
More details to come.

*For more information or to volunteer,
contact Michelle B @248-941-1644*

Watch for registration flyer on oaklandafg.org

4th Step Study Group

INTRODUCTION MEETING

Sponsored by: MAPLE WEST MONDAY NIGHT AFG

Take this opportunity to join a 4th Step study group using Al-Anon's ***Blue Print in Progress***. Al-Anon members, who have used this support group to complete their 4th Step, will be there to share their experience of participating 4th step study group.

Groups will form at this Introduction Meeting. The on-going meetings - days and times - will be decided by each group. Church space will be available on Mondays at 7:30 pm, however optional locations are often selected by each group.

Your recovery is up to you! Show up and "more will be revealed!"

DATE	Monday March 11, 2019
TIME	7:30 PM
PLACE	FIRST PRESBYTERIAN CHURCH 1669 W. MAPLE ROAD BIRMINGHAM, MI 48009

CONFUSED? UNSURE? QUESTIONS?

CONTACT:

Chris D	248-613-0091
Debbie D	248-890-0820

OAKLAND COUNTY AL-ANON FAMILY GROUPS
2019 SERVICE OPPORTUNITIES

Strength and hope for friends and families of problem drinkers

First Name and Last Initial _____
Home Group _____
Phone _____ email address _____

Please indicate which volunteer opportunities you would like to learn more about

____ Alateen Sponsor ____ Group Rep ____ District Rep

Oakland AFG Open Service Positions

____ Public	____ Public Outreach	____ Assistant Literature
Outreach Project	Committee	Coordinator
Manager (Maintain	____ Assistant Editor	____ Office worker for
Excel spreadsheet)	<i>Growing Oaks Newsletter</i>	Waterford office

Spring Workshop 2019

____ Hospitality	____ Program	____ Clean Up
____ Registration	____ Decoration	
____ Publicity	____ Set up	

Fall Workshop 2019

____ Hospitality	____ Program	____ Clean Up
____ Registration	____ Decoration	____ Silent Auction
____ Publicity	____ Set up	____ Entertainment

____ Alateen Sponsor

____ Al-Anon Participation at March Round Up Conference

____ Al-Anon Participation at Tri-County Conference

____ Beginner Meeting Series

General Speaking Opportunities

____ Adult Child of Alcoholics Panel	____ Slogan _____
____ Family Panel	____ Step _____
____ Husband and Wife in program	____ Tradition _____
____ Parent of Alcoholic	____ Concept _____
____ Joys of Service	

____ Other _____

Please return form to your Group Rep or mail to:
Oakland AFG, Phoenix Square Office Building, 3720 Elizabeth Lake Road,
Waterford, MI 48328, Tel: (248) 706-1020

OAKLAND COUNTY AL-ANON FAMILY GROUPS
2019 PUBLIC OUTREACH SERVICE OPPORTUNITIES

Strength and hope for friends and families of problem drinkers

First Name and Last Initial _____

Home Group _____

Phone _____ email address _____

Yes/No _____ I am currently an Alateen Sponsor

Please indicate which opportunities you would like to learn more about

____ Public Outreach Committee-this is a monthly commitment to attend PO meetings, coordinate and participate in various PO efforts

____ Public Outreach Committee Secretary-commitment to attend monthly meetings, take notes, type them up and distribute to committee

____ Public Outreach Event Project Manager-Maintain Excel spreadsheet of Health Fairs, Community events, conferences, etc. where PO might rent a booth

____ Library Project-contact area libraries and ask about using their display cases to showcase Al-Anon/Alateen as a public service announcement; set up and take down displays

____ Hospital Project-contact area hospitals and ask about using their display cases to showcase Al-Anon/Alateen as a public service announcement; set up and take down displays; ask about health fairs and staff education opportunities

____ College Campus Project-contact area colleges and ask about using their display cases to showcase Al-Anon/Alateen as a public service announcement; set up and take down displays; ask student life department about opportunities to participate in events, put Al-Anon Faces Alcoholism in Student Life areas

____ Help "man" an Al-Anon PO booth at a Health Fair, Community Event, conference, etc.

____ Create a digital display of Al-Anon/Alateen PSA in MS PowerPoint of for use with institutions which offer digital displays

____ Create professional looking labels with Oakland AFG contact information for placement on Al-Anon Faces Alcoholism Brochures.

____ Distribute Al-Anon Faces Alcoholism brochures to hospitals, dr offices, etc.

____ Religious organizations-email/snail mail campaign asking them to place Al-Anon/Alateen PSA in their newsletter; obtain name of youth minister and send Alateen information; ask about displaying Al-Anon Faces Alcoholism on their literature rack

____ School campaign-contact area school counselors and offer to send Alateen information.

____ Coordinate Alateen Open Talks in schools

____ Media ____ Radio ____ Newspapers ____ Public TV provide Free Public Service Announcements

____ Other _____

Please return form to your Group Rep or mail to:
Oakland AFG, Phoenix Square Office Building, 3720 Elizabeth Lake Road,
Waterford, MI 48328, Tel: (248) 706-1020

**Starting Over
Al-Anon Family Group
10 a.m. Saturdays
now hosts an
Adult Child Table
1st Saturday of every Month**

**Zion Lutheran Church
143 Albany St.
Ferndale**

**(South of 9 Mile, West Side of Woodward)
Entrance off of Parking Lot**



Al-Anon Family Groups

Oakland County, Michigan

Strength and hope for friends and families of problem drinkers

Remember to check the website for more announcements!

OAKLANDAFG.ORG