

# 💕 District 10 Valentine's Day Al-Anon Workshop 💕

## Loving Yourself Using the Tools of the Program

This Valentine's Day, join us for a special Al-Anon workshop focused on self-love, healing, and growth. Together, we will explore how Al-Anon tools can help us build compassion for ourselves, set healthy boundaries, and nurture our own emotional well-being.

### ✨ Workshop Focus ✨

- Using Al-Anon tools to practice self-love
  - Letting go of guilt and perfectionism
  - Strengthening boundaries with kindness
- Finding serenity through program principles

 **Date:** February 14th

 **Time:** 9:30 Fellowship 10:00am to 12:00 workshop

 **Location:** First United Church of Christ 4605 Curry Ford Road, Orlando, Fl. 32812

7th Tradition Basket

Beverages will be provided you are welcome to bring a snack to share

This workshop is open to all Al-Anon members and newcomers. Come as you are and give yourself the gift of connection, reflection, and care.

💕 *Because loving yourself is part of recovery.* 💕