

Nar-Anon Family Groups of New Jersey

31st Annual Workshop

IT'S ALL ABOUT THE JOURNEY

October 12, 2019
9:00am – 4:00pm

Schedule of Events

- 9:00 - 10:00 Registration & Breakfast
- 9:45 - 10:00 Welcome
- 10:00 – 11:15 Workshop A
- 11:30 – 12:45 Workshop B
- 12:45 – 2:00 – Lunch
- 2:15 – 3:30 – Workshop C
- 3:30 – 4:00 – Closing

Workshop A

1. Crossing Bridges – Going from Negative to Positive
2. Forks in the Road – Choices
3. Driving up Hills – Progress not Perfection
4. Weather Conditions – 3 C's
5. Pay the Toll – Consequences
6. Exit Lane – Dealing with Loss

Workshop B

1. Potholes - Crises
2. Detours – Changing Reactions
3. State & County Lines – Boundaries
4. Around the Bend – Projecting
5. “Are We There Yet?” – Patience
6. “Eyes on the Road” - Awareness

Workshop C

1. “Get Out of the Way!” - Minding my Own Business
2. Wheel Alignment – Balance
3. Rest Stops – Nar-anon Meetings
4. GPS - Trust in Your Higher Power
5. Street Signs – Slogans
6. Enjoy the Ride – Happiness

- ◆ **Workshop Location: United Methodist Church of Middletown**
 924 Middletown Lincroft Road, Middletown, NJ 07748
- ◆ **PRE-REGISTRATION ONLY – COST \$25 (MAIL To P.O Box on Form)**
- ◆ **Registration is due by September 30. Choices will be confirmed the day of workshop**
- ◆ **Continental Breakfast and Lunch included**
- ◆ **Make Checks Payable to: District #16 Services (MAIL to P.O Box on Form, No Staples please)**
- ◆ **Questions - Call Susan D. (732) 995-0292**

-----Please Cut & SEND with Payment (one Form per Person) -----

Name: Phone: - -

E-Mail: Home Group: _____

Is it OK to send you 1-2 email reminders for Next Year's event or Early Registration? Y/N

Mail Form & Payment to:

Workshop – District 16 Services
P.O. Box 6420
Monroe Township, NJ 08831

=>Make Checks Payable to: “District #16 Services”

Please choose **1** meeting from **each** workshop: i.e “A1” or “B3”

Workshop A 1st Choice _____ 2nd choice _____

Workshop B 1st Choice _____ 2nd choice _____

Workshop C 1st Choice _____ 2nd choice _____

****Please note that your choice of workshop is NOT GUARANTEED, but we do our best to accommodate**

Directions

**United Methodist Church of Middletown
924 Middletown Lincroft Road
Middletown, NJ 07748**

From North Jersey:

- 1. Take the New Jersey Garden State Parkway South to Exit 114 (Middletown, Toll Exit) get in left lane after toll both**
- 2. At the end of the Exit Ramp (traffic light), turn LEFT onto Red Hill Road; then get into right lane**
- 3. Go through 1st traffic light (GSP North Entrance); at the 2nd traffic light, turn RIGHT onto Dwight Road**
- 4. Follow Dwight Road to the next traffic light (Middletown-Lincroft Road); take RIGHT-hand veer –off onto Middletown-Lincroft Road**
- 5. Church is one block on the left hand side. Driveway entrance is just past the Church marquis, parking in rear**

From South Jersey

- 1. Take the New Jersey Garden State Parkway North to Exit 114 (Middletown) get into right lane at the end of Exit Ramp**
- 2. Turn right onto Red Hill Road; get immediately into the right lane**
- 3. Go to traffic light (one block); turn RIGHT onto Dwight Road**
- 4. Follow Dwight Road to the next traffic light (Middletown-Lincroft Road); take RIGHT-hand veer –off onto Middletown-Lincroft Road**
- 5. Church is one block on the left hand side. Driveway entrance is just past the Church marquis, parking in rear**

Carpooling is suggested

