

Detachment

10th Annual Al-Anon Workshop Tacoma, Washington

Saturday, November 17 - 9:00 am to 4:00 pm

To "detach with love" means we let go of a loved one's problem. It gives us permission to let them experience the consequences associated with their addiction while we focus on our own health and well-being.

We detach to....

- avoid the suffering caused by someone's else's actions.
- avoid creating or preventing crisis because it is inevitable and may be the wake-up call our addicted loved one needs.
- avoid being be abused or misused by others.
- avoid doing things for others what they can do for themselves.
- avoid manipulative maneuvers meant to change people's behavior.

12 speakers in 4 panels will address Detachment topics.

This year's event is hosted by the Pierce County's **District 12**, the **Rocky Bottom AFG** and **District 13 Al-Anon Family Groups**. There is no fee to attend - 7th Tradition will be observed. Coffee and tea will be provided. **Please bring a light lunch item to share.**

Call or text Renee S. at 425-457-1848 or Anna T. at 253-227-4923 (especially if you want to support event facilitation).

New Location: St. John's Lutheran Church, 8602 Bridgeport Way SW (Lakewood, north of Steilacoom Blvd, and south of Custer Rd SW): **From I-5 heading south**, exit westbound South 72nd Street South. 72nd becomes Custer Rd SW shortly after crossing Lakewood Dr SW (approximately 2 miles from I-5). Turn left (south) on Bridgeport Way from Custer Rd; St John's is on the right. **From I-5 heading north**, exit northbound on Bridgeport Way SW and travel approximately 2 miles. St Johns is on the left after crossing Steilacoom Blvd.

ADA accessible: Parking and building access is available at the entrance.

