

VA Area District Representative Report

Prepared for: 2024 Spring Assembly

Date of Meeting: May 4-5, 2024

District Name and Number: Nansemond (District 12)

DR Name: Meg Page (megkpage@gmail.com)

Submitted on: April 9, 2024

District Meeting: 3rd Monday of each month via Zoom (except May and October)

Group Meetings:

Active Meetings: 9 Al-Anon and 1 Alateen

Face to face: 8

Hybrid: 1

Successes:

- Fellowship – Held our semi-annual in-person dinner meeting in December.
- Workshop – The Self-Care Workshop we held in conjunction with the Norfolk District on 1/20/24 was highly successful, with over 60 people in attendance. Lots of great recovery!
- Outreach
 - Thank you to Michelle, our Area Public Outreach Coordinator, for coming to talk with us at our February district meeting. She shared lots of great Outreach ideas.
 - 3 members participated in Eastern Virginia Medical School's Physician Assistant Program's annual Community Networking Event on 2/15/24 and distributed information on Al-Anon and Alateen to PA students and healthcare providers in our area.
 - 2 members will be participating in the Smithfield Rotary's upcoming Vibrant Emotional Health Expo (under the "Freedom Over Addiction" section) on May 13th.
- Alateens
 - Thank you to Patty M., our AAPP, for meeting with our AMIAS in January. She gave us lots of great ideas for outreach and how to have successful meetings.
 - We're really encouraging all our teens to attend MEAC. So far, two of them said they're planning on going!

Goals:

- Election of new officers prior to the Fall Assembly.