

VA Area District Representative Report

Prepared for: 2024 Spring VAWSC

Date of Meeting: March 2, 2024

District Name and Number: Nansemond (District 12)

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

Submitted on: February 17, 2024

Informational Items

District Meeting: 3rd Monday of each month via Zoom

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.
- Outreach
 - 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.
 - We are looking forward to having Michelle, our Area Public Outreach Coordinator, come talk with us at our district meeting on Monday 2/19/24.
- Alateens
 - Our Suffolk Alateen group, Monday Night Alateens, restarted in September and meets concurrently with strong Al-Anon and AA groups.
 - We are off to a great start with four AMIAS supporting our teens on a rotating basis.
 - Patty M., our AAPP, met with our AMIAS on 1/30/24, and gave us lots of great ideas for outreach and how to have successful meetings.

Goals:

- More outreach to our community.
- Election of new officers prior to fall assembly.