

Falls Church/McLean/Vienna, Annandale/Springfield,
Fairfax, Alexandria and Arlington Al-Anon Districts
Present

Healthy Relationships Workshop

Topics:

Boundaries, Effective Communication, Healthy Finances, The Art of Belonging - breaking down the walls of isolation, Building Trust, and Self-Care



**USE QR CODE
TO REGISTER**



13 APR 2024

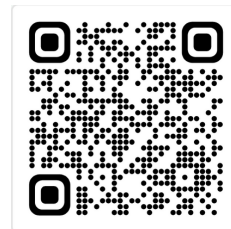
**ST. BARNABAS
EPISCOPAL CHURCH**

4801 Ravensworth Road,
Annandale, VA 22003



TIMELINE:

- 8:45A - 9:15A - REGISTRATION/FELLOWSHIP
- 9:15A - 9:25A - WELCOME, LITERATURE TABLE, SCHEDULE
- 9:30A - 10:30A - SESSION 1 (3 BREAKOUT ROOMS)
- 10:45A - 11:45A - SESSION 2 (3 BREAKOUT ROOMS)
- 11:45 - 12P - WRAP UP
- 12P - 12:30P - CLEAN UP



**QR CODE FOR
ZOOM OPTION
MEETING ID: 841 6886 1563
PASSCODE: 018950**

For more information contact: maria00mm@gmail.com