

What's the Scoop?

AUGUST 2026



A Legacy of Service

Hey, everyone!

The convention is weeks away and us Scoopers are very excited. In this edition, we cover what will happen at the convention, what meetings you can attend, and overall what to expect.

I know personally, the convention is always a source of hope and serenity, even when my anxieties seem at their all-time loudest. It has been an incredible bonding opportunity when my qualifier and I attend together, where we can grow and build our program as a team.

I hope to see you all there! Happy reading!

*Natalie M.
Scoop Editor*

As summer winds down the excitement of the VCAAC ramps up. The baskets, Country Store, and those marathon meetings, ahhh! So many opportunities to dip your toes in a weekend of service. As a new comer my sponsor suggested I volunteer as a hugger greeter—ewwww. Hug people I didn't know? She said "it will be good for you" (I was not very warm and fuzzy when I got here). So I did as I was told and she was right, it softened me right up.

Often making a commitment early on is scary. What if something comes up and I can't make it? Well what I learned is that I can show up without a commitment. I like to float around. Give the country store bathroom breaks or bring them coffee. I like to hang at the literature table or even archives. It's always an opportunity to see old friends and make some new ones. If you have never been, come check it out for a day. If you're a regular I look forward to saying "hi" and giving you a hug.

Julie H.
Alt.District rep.

In this newsletter
you can expect:

VCAAC
Convention
Spotlight

How to Get
Involved

What's
Happening in
the District

Alateen Events &
Announcements

Events &
Announcements

Looking Back



A Legacy of Service with Al-Anon's Convention Chairs, Jen D. and Sara R.

Tell me about the convention! What's the theme, what should people expect, who do you think this event is for, etc.?

Sara R: The theme this year is A legacy of service. This convention is for AA, Al-Anon, Alateens And anyone who is interested in finding out more about these 12 step programs

Jen D: The convention is for anyone who is working on their own recovery. I have found that its a way to connect with others, a place to do some self care, and a place to get inspiration.

What do you think the greatest benefit of the event is?

Jen D: it's a mini wellness retreat. There is something for everyone.

Sara R: Celebrating recovery.

A Legacy of Service with Al-Anon's Convention Chairs

Is there any part of the event you're particularly looking forward to?

Sara R: My favorite parts of the convention are sharing the Al-Anon luncheon and speakers with sisters in program, Baskets Fundraiser, Country Store, and the Spiritual Speakers on Sunday.

Jen D: I look forward to the AA banquet and hope to participate in the golf and the sound bath this year. My "must haves" - the Saturday Alanon luncheon, and the AA Sunday banquet, and Alanon Sunday Spiritual Speaker. I love being able to catch any of the marathon meetings AA or Alanon, that interest me.

If someone is thinking about attending the convention but feels nervous, what would you want them to know?

Sara R: You will be amongst kindred spirits. A fellowship that is filled with warmth, understanding and fun.

Jen D: if you are a newcomer, don't be nervous. I love the feeling of "I am not alone." There is so much support.

What inspired you to volunteer for the co-chair and chair positions? What does this convention mean to you personally? Have you been to conventions in the past that have affected your recovery?

Jen D: I find being of service helps me to connect with others and work more on my own recovery. I also enjoy working with Sara, our Chairperson, she's a lot of fun. I have enjoyed meeting people from both AA and Alanon. I enjoy the speakers, and some of the activities. I have taken advantage of the Alanon luncheons, speaker meetings, panels, and I really enjoyed the morning yoga.

Sara R: I was asked to be the Al-Anon Co chair last year that then led to the chair position this year. I felt very honored to be asked and I wanted to give back to Al Anon all that I had received. Every convention that I have attended since the beginning of my recovery strengthen my recovery and my understanding of what the program has to offer. I have felt a strong sense of camaraderie between people that have experienced the disease of alcoholism and the recovery that 12 step programs have to offer. Participating in service has deepened my recovery. Every year the convention offers me the ability to set aside a weekend dedicated working my program, reconnecting with people I have met along the way, and celebrating recovery. I have attended work conventions for my profession, and I see this convention as enhancing my personal work that I do for my recovery.



VCAAC 2026 Convention
A.A.'s Legacy of Service

SAVE THE DATE!

SEPTEMBER 11-13, 2026

LOCATION: Westlake Hyatt, 880 S Westlake Blvd, Westlake Village, CA 91361

More Information to Follow! Stay Tuned.

vcaac.org ★

SCHEDULE

MARATHON MEETINGS

Friday 6pm-9pm
Saturday 9am-11pm

AL ANON SPEAKERS

Friday 7-8:30pm Al-Anon Opening Family Meeting,
Pete &Carolynn R., Ventura, CA

Saturday

11AM-1:30PM Al-Anon Speaker Luncheon & Speaker Meeting *Al-Anon Karen R., Bradenton FL and Morgan R. Newbury Park, CA Alateen*
2pm-3:30pm Al-Anon Afternoon Panel: Just for Today
Angie A. Lynn A. & Si-Si P.

Sunday

9-10:30am Closing Al-Anon Spiritual Speaker Meeting
Nicholas H., McDonough GA

ALATEEN SPEAKERS & MEETINGS

Friday

5-6pm Registration and Check-In
6:15-6:45pm Ice Breaker & Reading ASBRs
7-7:30pm Opening Meeting: Life on Life's Terms
7:45-8:15pm Meeting: Alateen Recovery
8:30-9:30pm Meeting: How Did I Get Here?

Saturday

9-9:30am Check In
9:45-10:15am Welcome/Review ASBRs
10:30-11:30am Meeting: Moving On From the Past
11:45-12:30pm Meeting: Dealing with Change
12:45-2pm Speaker Meeting with Lunch: Life After Alateen
2:15-3:45pm Workshop: HP Wanted
4-4:30pm Meeting: Trauma Who & What
4:45-5:15pm Meeting: Hope, Healing, & Happiness
5:30-7:30pm Speaker Meeting with Dinner: Recovery Through the Looking Glass
7:45-8:15pm Workshop: Masks We Wear
8:30-9:30pm Closing Candlelight Meeting: Dealing with Resentment

Subject to change.



FESTIVITIES

FRIDAY

Hospitality 10:30am-11pm
Contribution Drawing Sales 12pm-10pm
Country Store 2pm-8pm
Sound Bath 9:45-11:15pm
DJ Dance 10pm-12am

SATURDAY

Hospitality 7am-10:30pm
Country Store 9-11am; 1:30-7pm
Contribution Drawing Sales 9am-10pm
ACA Rock Painting 1-3pm
AI-Anon Basket Drawing 5pm
Banquet Dinner 6pm
Ice Cream Social 9:30-10:15pm
Rule 62: Night of Comedy 10:15pm-12:30am

SUNDAY

AA Breakfast Meeting 8-10:30am
Dove Release 10:45am
AA Spiritual Speaker 10:30am-1:30pm



What's Happening at the Convention

Marathon Meetings

Friday 6pm-9pm

Saturday 9am-11pm

A new meeting begins every hour, on the hour, led by Al-Anon volunteers from across the District. Imagine your home meeting, but morning, noon, and night.

Opening Speaker Meeting

Friday 7pm

A great way to kick off the event, the Opening Speaker helps set the tone for the convention and get the spiritual ball rolling!

Luncheon & Speaker Meeting

Saturday 11am

The highlight of the entire convention, this meeting pairs well with lunch! If you had to attend one thing, make sure this is it. Your ticket helps pay for the convention and is the most serenity-packed event of the weekend.

Al-Anon Afternoon Panel

Saturday 2pm

Hear from several people what it was like before recovery and how their programs have changed their lives.

Closing Al-Anon Spiritual Speaker

Sunday 9am

After a weekend of fellowship and spiritual growth, this speaker helps tie it all together with their deepest experience, strength, and hope.

Basket Drawing

As if this weekend couldn't get any better, enter to see if you can win one of fabulous baskets, curated by our very own Al-Anon members.

Country Store

Stop by the Country Store to shop for uplifting gifts to support your serenity, including journals, candles, jewelry, and more!





46TH VENTURA COUNTY AA CONVENTION

with Al-Anon participation

HYATT REGENCY WESTLAKE VILLAGE

880 S. WESTLAKE BLVD,
WESTLAKE VILLAGE, CA 91361



JOIN US FOR FELLOWSHIP AND FUN!

Inspirational
Speakers

Festive Al-Anon
Luncheon

Marathon
Meetings

Fabulous Basket
Drawings

Legendary
Country Store

And much,
much more!

**REGISTER
NOW!**



[VCAAC.ORG](https://vcaac.org)

**VOLUNTEERS
NEEDED!**



[BIT.LY/AL-ANONVOL](https://bit.ly/al-anonvol)

FOR MORE INFORMATION, PLEASE CONTACT:

Sara R., Al-Anon Chair
(805) 750-4545

Jen D., Co-Chair
(213) 592-9661



46TH VCAAC WITH AL-ANON & ALATEEN PARTICIPATION BASKETS NEEDED!

Your meeting's generosity will
help us sustain our commitment
to Al-Anon's 7th tradition.

PICK A THEME

Backyard Cinema
Beach Fun
Cash Tower
Game Night
Gift Cards Galore
In the Garden
Pampered Pet
Pickleball
Spa Day
VIP Access
Whole Lotta Lottery
Yeti Campout
Or...???????

WRAP IT UP

Artfully arrange items
in a basket or other
"open" container,
then wrap entirely in
cellophane.

Next, add a label
with the name of the
contributing meeting,
an itemized list of
contents, and total
estimated value.

DROP IT OFF

Please bring your
basket to the BACK
entrance of the Hyatt
Westlake Village on
Friday, Sept. 11th,
from 12noon to 5pm.*



*For more information, or to make alternate
drop-off arrangements, please contact:

Sheila H. 805-338-4826 Patti K. 360-509-7313

VOLUNTEERS NEEDED FOR TICKETS SALES!
GO TO VCAAC.ORG/AL-ANON TO SIGN UP.



AA's Legacy of Service 46th Annual Golf Tournament

Sterling Hills Golf Club
901 Sterling Hill Dr
Camarillo, California

Friday, September 11, 2026

Check-in 6:30 AM | Shotgun 7:30 AM

- ~ 4-Player Texas Scramble
- ~ Tournament Games & Prizes
- ~ Raffle-Prizes-Awards
- ~ Clubhouse Luncheon
- ~ Registration \$120

Form Teams or Submit Entries

Register Online or Mail-in

Deadline: August 25, 2026

All entries MUST be submitted by August 25, 2026

Questions? Call Mike R. (805) 312-5064 or Chris H. (818) 317-6307

Golf Registration at www.VCAAC.org

SCAN QR
FOR INFO
vcaac.org



First Welcome. Service!

VOLUNTEER AS A GREETER! ♥

♥ Your smile can be the start of someone's
best day at the convention.

VCAAC 2026 Convention • Greeter Volunteer Sign-Up Sheet

ONE-HOUR SHIFTS AVAILABLE:

FRIDAY, SEPT. 11
3-4 PM • 4-5 PM • 5-6 PM
6-7 PM • 7-8 PM • 8-9 PM

SATURDAY, SEPT. 12
8-9 AM • 9-10 AM • 10-11 AM • 11-12 PM
12-1 PM • 1-2 PM • 2-3 PM • 3-4 PM
4-5 PM • 5-6 PM • 6-7 PM • 7-8 PM

SUNDAY, SEPT. 13
8-9 AM • 9-10 AM • 10-11 AM • 11-12 PM

Your smile can be
the start of someone's
best day!

No special experience
needed—just a
willing heart!



The best seat
in the house is
a GREETER!

Scan the QR code
to sign up online
or add your name
to volunteer!

**VOLUNTEERS
NEEDED!**



BIT.LY/AL-ANONVOL

Scan me!

? **QUESTIONS?** Victoria A. 818-421-7070 • Amy B. 818-438-3775

Thank you for being the welcoming hand of Al-Anon! ♥

COUNTRY STORE

Peace • Presence • Simple Blessings

A cozy collection of uplifting gifts,
calming scents, and meaningful treasures
to encourage your heart and
nourish your spirit.

SUGGESTED DONATIONS INCLUDE THE ITEMS BELOW
AND SIMILAR NEW OR LIKE-NEW ITEMS.

CANDLES

JEWELRY

JOURNALS

AA CONVENTION
with Al Anon Participation
• 2026 •

LOCATION:
Hyatt
Westlake Village, CA 91361
MEDITERRANEAN - 2nd Floor

CONTACT
Eva 805 844 2055 • Sheril 818 679 8470
DATE:
September 11-13, 2026

TIME:
Open during convention hours,
except during the luncheon

Small treasures • Simple comfort • Spiritual encouragement

District-Level Service Coordinators & Open Positions

ALTERNATE DISTRICT REPRESENTATIVE (POSITION OPEN IN 2027)

The ADR is to become familiar with the guidelines for the ADR position and be willing to assist the DR as requested. Also, will design and organize the Gratitude Fair (annually). Collects, researches and presents District "Ask it Basket" questions. Welcomes all group GR's and assist them in registering with SCWS.

SECRETARY & ALTERNATE (POSITION OPEN IN 2027)

The Secretary is a District 12 Officer as well as having the duties and responsibilities as a corporate officer in the State of California. The Secretary maintains records and minutes of all District meetings and acts a central communications hub, receiving and distributing District information via email.

TREASURER & ALTERNATE (POSITION OPEN IN 2027)

The Treasurer is a District 12 Officer as well as having the duties and responsibilities, as a corporate officer in the State of California. The Treasurer is responsible for all District 12 financial activities, including custodian of funds, maintaining financial books and records and the filing of tax returns and other required filings. District 12 may engage a CPA to assist in these matters.

ALATEEN

Fosters the growth and development of Alateen in the District. Works with current and new meetings and attracts and certifies Volunteers (AMIAS).

ARCHIVES (POSITION OPEN)

Records and preserves all District 12 Al-Anon memorabilia, designs the displays of Al-Anon's history at local events.

COOPERATING WITH THE PROFESSIONAL COMMUNITY (POSITION OPEN IN 2027)

Communicates with local professionals to develop name recognition and credibility for Al-Anon so that professionals may be willing to inform those they serve about Al-Anon.

GROUP RECORDS

Maintains a local listing of all group records, meetings, GRs, AGRs, CMAs, Officers and Coordinators.

INSTITUTIONS COORDINATOR

Works to provide Al-Anon meetings and Panels along with Al-Anon Literature and Meeting Directories in local institutions.

LITERATURE DISTRIBUTION CENTER

Provide District 12 Al-Anon members with Al-Anon Conference-Approved Literature for sale and displays literature for sale at Al-Anon conventions and other outreach events. Open Thursdays 11-3 and Saturdays 10-12. 505 Poli Street, suite 307, Ventura

PUBLIC INFORMATION COORDINATOR (POSITION OPEN)

Assists the membership in bringing information about Al-Anon to the general public, including how, when and where they can attend a meeting.

ROUND ROBIN COORDINATOR

Fosters community fellowship by encouraging Round Robins, special meetings where one group hosts and invites all members of the community to come and share.

SCOOP NEWSLETTER

Produces and distributes the district's Scoop newsletter.

SOCIAL MEDIA COORDINATOR (POSITION OPEN IN 2027)

Creates and uses social media for public outreach and communication to members of any Al-Anon news and events. All to be done in accordance with WSO guidelines.

SPANISH LIAISON (POSITION OPEN IN 2027)

Acts as a liaison between the Al-Anon Spanish community and the District at large; encourages the Spanish community to participate in District activities and encourages the District to include the Spanish community in all District activities and public outreach.

WEBSITE COORDINATOR

Maintains the District 12 Website.

District Zoom Host (POSITION OPEN IN 2027)

A District Zoom Host is needed. See Newt G. or Heather C. to learn more about this service opportunity. Zoom expertise or a desire to learn is required.

For more information, contact Newt G. at (310)704-9223 or click [here](#).

Other Service Opportunities

Alateen

Become an AMIAS! Find out more [here](#).

World Service Organizaton

Ready to get Involved with Al-Anon at the highest level? Get started [here](#)!

Phone Answering Service

The Al-Anon Telephone Answering Service gets about 20 calls a month. If you'd like to volunteer for this service, see Newt G. at (310)704-9223. or your Group Representative for more info. Be a newcomer's first point of contact when they call our hotline.

Workshops

Service Workshop

Already a service savant? Share you experience, strength, and hope at the Service Workshop! Call or text Newt G. at (310)704-9223.

Events

The convention has several open service positions, ready for you to fill! Reach out to Sara R. at 805-750-4545.

Gratitude Fair

Come volunteer at the most grateful fair in town! Reach out to Newt G. at (310)704-9223.

Photographers Needed

Calling all photographers! If you have a camera or a keen eye for photography, come take some pictures for us!

LDC

Ongoing, group service opportunity that goes on In the district. 20 volunteers at a time! Wow! Very flexible—you can volunteer as much or as little as possible.

Coffee Shop Sponsorship

Sponsor that coffee shop by putting a little card about Al-Anon on that board every time. Pamphlets, etc.



Ventura County Events & Flyers



*¿La forma de beber
de un familiar
ha afectado tu vida?*



En Al-Anon encontrarás
comprensión, **apoyo**
y **esperanza** junto a personas
que han vivido experiencias
similares.



*No tienes que
enfrentar esta situación
en soledad.*



GRUPO AL-ANON “AMANECEER”



TODOS LOS
MARTES



6:30 p. m.



948 Main Street
Santa Paula, CA 93060
(Edificio Los Compadres)



Aquí encontrarás
un lugar seguro donde
ser escuchado, comprendido
y acompañado.



INFORMES:



Rosa
(805) 760-2494



Mónica
(805) 612-0355

*Te esperamos.
Hay ayuda y esperanza.*



DISTRICT 12 SPEAKER BUREAU

LOOKING FOR AL-ANON
SPEAKERS TO SHARE
THEIR EXPERIENCE,
STRENGTH AND HOPE

HOW TO SIGN UP:

Go to
www.alanonventura.org

Click on **Speaker
Bureau** link

Complete and submit a
Speaker Sign-Up form

QUESTIONS?

Contact Camille M. at
grouprecords@alanonventura.org



COME VISIT US AT THE VENTURA LITERATURE DISTRIBUTION CENTER OR “LDC”

OUR ADDRESS IS:

505 Poli Street, Suite 307, Ventura, CA

WE ARE LOCATED:

In the Ventura City Hall Annex Building, off the back
parking lot – up the elevator - on the 3rd floor

OUR PHONE NUMBER IS:

(805) 585-0942

OUR CURRENT HOURS OF OPERATION ARE:

Thursdays: 11am - 3pm

Saturdays: 10am - 12pm

*** STARTING SEPTEMBER 14TH. WE WILL BE OPEN ON
MONDAY FROM 11AM TO 2PM AND WILL BE OPEN EVERY
MONDAY FOR THE FORESEEABLE FUTURE.

*** Currently we are accepting cash and checks only

*** STARTING SEPTEMBER 14TH. WE WILL START TAKING
CREDIT CARD PAYMENTS (which will include a small
processing fee)



COME VISIT US AT THE VENTURA LITERATURE
DISTRIBUTION CENTER OR “LDC”

Bowls full of gratitude

Join district 12 for our annual

Gratitude fair and potluck

October 17th

St. Columba's church

1251 Las Posas road, Camarillo

11:30-2:00

Please bring a soup or dessert to share

\$10.00 donation requested

Please RSVP soup to

Altdr@alanonventura.org

or

Julie H. 805 390-5820

Alateen Meetings & Announcements

A Day at a Time Alateen

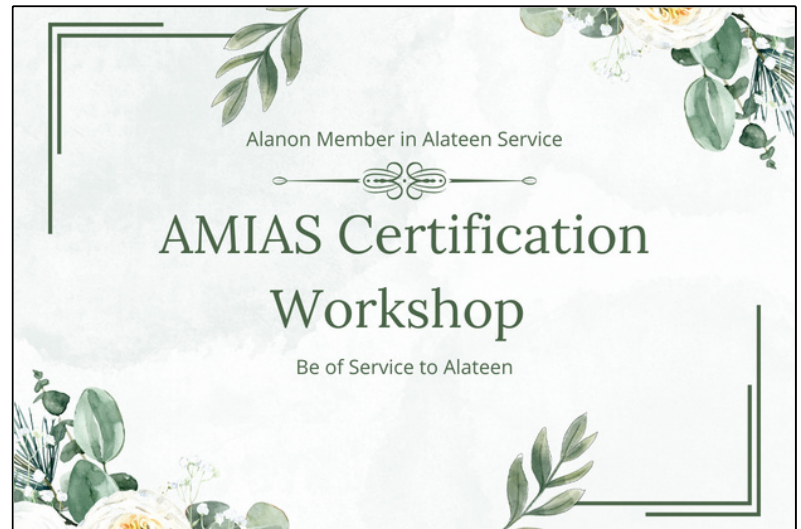
In Person at Nate's Place
3840 W Channel Islands Blvd.
Oxnard, CA 93035

TUESDAYS at 7:15pm-8:15pm

This is a meeting for teens from ages 12-18 whose lives have been or are being affected by the effects of anyone's drinking. This meeting has no dues or fees.



For more information contact Bear at (805)766-7401 or visit the QR Code



Sept 15th 7-9PM

Oct 11th 7-9PM

Nov 10th 7-9PM

Dec 13th 7-9PM

Zoom ID: 898 0165 9827

Passcode: AMIAS2026

ARE YOU AFFECTED BY SOMEONE ELSE'S DRINKING?

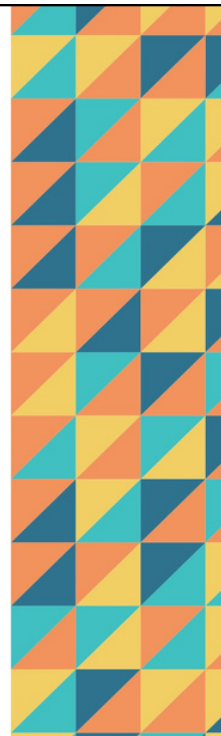
JOIN ALATEEN TUES 7PM

UNITED METHODIST CHURCH OF THOUSAND OAKS

This meeting is for teens from ages 12-18 whose lives have been or are being affected by another person's drinking. This meeting has no dues or fees.

You're invited to join Tuesdays at 7PM at 1000 E Janss Rd, Thousand Oaks, CA.

For more details, visit our official website at alanonventura.org/alateen. For inquiries, contact Bear at (805)766-7401 or use the QR code below.



Ventura County Announcements & Information

By the Numbers

Our district currently hosts 70 meetings each week

- Agoura Hills - 14
- Camarillo - 5
- Fillmore - 2
- Ojai - 4
- Oxnard - 13
- Santa Paula - 4
- Simi Valley - 6
- Thousand Oaks - 6
- Moorpark - 1
- Ventura - 11
- Westlake Village - 4

Note: some of these are Zoom only

Fast Facts

- All meetings have a CMA
- 17 meetings need a Group Representatives
- ... but that means 53 meetings have a Group Representatives!
- Please encourage a member of your meeting to volunteer as Alternate GR!

2026 Al-Anon/Alateen Service Manuals are at the LDC!

505 Poli Street, Suite 307, Ventura, CA
Behind City Hall off of back parking lot, 3rd floor

Thursdays: 11am – 3pm
Saturdays: 10am – 12pm

Please call (805) 907-1299 to confirm store is open or to make a personal appointment.

Committee Meetings

All on Zoom, ID: 895 8040 4416; Password: 121212

LDC Committee - 2nd Monday of every even months at 1-2:30PM at the LDC and on Zoom

Finance - 3rd Tuesday of the month, reach out to treasurer@alanonventura.org for meeting time and place

Budget - 1st Tuesday of even months at 2:30 PM

Website - 1st Tuesdays of even months at 7PM

Service Coordinators & Officers Committee Meeting - 3rd Thursday of odd months at 7PM

General Board Meeting with all Group Reps - 3rd Thurs of even months 7PM

Service Area Announcements

Alternate District Representative

Julie H. has signed up to be the new Alternate District Representative. Her email, which is on the website, is Altdr@Alanonventura.org.

Round Robin Coordinator

Michele R. has signed up to be the new Round Robin Coordinator. Her email is roundrobin@alanonventura.org.

Men's Workshop

The 7th, 8th, and 9th Step Men's Workshop is coming up September 19 at the Simi Church of Christ. Check their website for details. The last workshop had 30 men.

Workshops

Does anyone want to do a workshop? Any meeting or group of meetings can put on a workshop for all to come to. See your Group Rep or Newt G. for more info.

Gratitude Fair

The District 12 Gratitude Fair is coming up October 17, 2026, at Saint Columba in Camarillo. Volunteers are needed to help plan the event. See Julie H. to get involved.



Southern California Events

Southern California Al-Anon Family Groups
District 57

Steps 1 - 4 Panel of Speakers and Participation Meetings

Saturday, October 10, 2026 8:30 am - 5:00 pm
St. Timothy Lutheran Church
4645 Woodruff Ave, Lakewood, CA 90713

Panels and Meetings

8:30am - 9:25am	Step 1 Speaker Panel
9:30am - 10:25am	Step 1 Meeting
10:30am - 11:25am	Step 2 Speaker Panel
11:30am - 12:25pm	Step 2 Meeting
12:30pm - 1:00pm	LUNCH
1:00pm - 1:55pm	Step 3 Speaker Panel
2:00pm - 2:55pm	Step 3 Meeting
3:00pm - 3:55pm	Step 4 Speaker Panel
4:00pm - 4:55pm	Step 4 Meeting

POTLUCK

A - H Entree I - M Fruit N - S Salad T - Z Dessert

\$5.00 cash only at the door district57drdianemp@gmail.com



DRAMATIC COMEDIC MUSICAL

AL-ANON VARIETY SHOW FUNDRAISER

NOVEMBER 7, 2026
TWO SHOWTIMES: 3:00 & 6:30PM
BAHA'I CENTER
1950 CHURCH ST, COSTA MESA, CA 92627
(LIMITED SEATING)
\$25 Admission
Advanced ticket sales until October 31st

PURCHASE TICKETS ONLINE AT:
givebutter.com/alanonvarietyshowfundraiser

For information email:
fundraiser@afgconvention.org or
chairperson@afgconvention.org

All proceeds benefit the
AL-Anon Family Groups Convention.

Appetizers, finger foods & desserts included with ticket

Looking Back

Chili Cook-Off

"It was such a great event! Great food and great people!"
-Linda



4th of July Booth



"It was a very fulfilling opportunity. The booth was incredibly professional and all that volunteered were great family members and also showed their love of the program answering questions for those that stopped by. My favorite moment was when a woman stopped by and talked a bit about her situation and knew that she wanted to attend a meeting. She was overjoyed to find that we had a flyer of the Ventura County meetings. it was all of a five-minute conversation, but I can still feel the gratitude that Al-Anon was there for her." - Barry

Thank you for reading!

AL-ANON/ALATEEN FAMILY GROUPS VENTURA COUNTY	<u>805-253-7188</u>
<u>www.AlanonVentura.org</u>	P.O. Box 728 Camarillo, CA 93011-0728
