

EAST-AA-THON 2024

The East-aa-Thon provides a safe and sober environment for new and still suffering alcoholics and their families on Christmas and New Years Day

December 25 ,10am to 9pm
January 1, 10am to 9pm

FELLOWSHIP. FOOD. MEETINGS. MUSIC. MAGIC

Richelieu-Vanier Community Centre located at 300 des Pères-Blancs Avenue.
Free Parking available on site

AL-ANON MEETINGS

December 25	January 1
11:00 am Beacon Hill AFG Chair: Christine open discussion	11:00 am Beacon Hill AFG Chair: Mona open discussion
2:00 pm Beacon Hill AFG Chair: Diane open discussion	2:00 pm Royal Ottawa AFG Chair: Angela open discussion
5:00pm dinner	5:00pm dinner

All Al-Anon East-aa-Thon meetings are open – Everyone Welcome
the only requirement for Al-Anon membership is that there be a problem of alcoholism in a relative or friend

Ways to Help

Attend a Meeting

Attend an Al-Anon meeting and ask the chair person if you can help in some way.
Attend an open AA meeting and listen to their experience strength and hope.

Contribute Funds

Contribute to the East-aa-Thon 7th Tradition box during East-aa-Thon.

Donate Food

Donations of salads, sandwiches, fruit, desserts are all appreciated! Food accepted from 10am onwards.

Volunteer

What makes the East-aa-Thon amazing is not the venue or the food but the people! Volunteers are part and parcel of what make our annual event a spiritual experience for many people – be a volunteer: contact EastAAThon@gmail.com to help