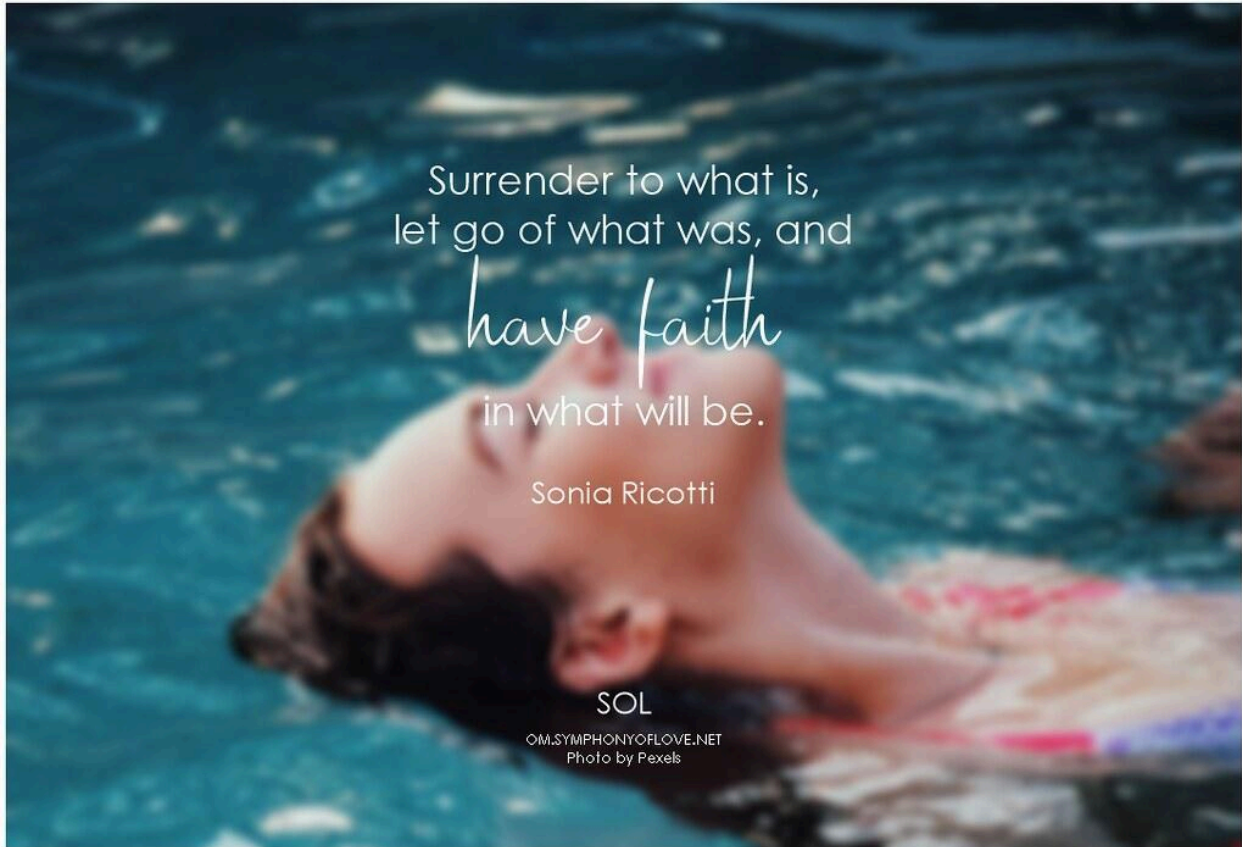


# *AA Women's Retreat for 2024*



Who: Amazing AA Women (18-99)  
When: September 13<sup>th</sup> - 15<sup>th</sup>  
Where: Quality Inn and Conference Centre [924 King St. Midland](#)  
What: Kathy Dempsey with 25 years of sobriety will be the facilitator  
Why: For self-care, connection, growth and fellowship  
How Much: Two Options

Fee Schedule: please e-transfer to [danielleg40@hotmail.com](mailto:danielleg40@hotmail.com) (or email any questions)

Option One: \$180 includes two night accommodation, 2 hot breakfasts, Dino's lunch

- June 16th \$60 - first payment
- July 16th \$60 - second payment
- August 16th \$60 - third payment

Option Two: \$35 includes morning muffins and Saturday lunch from Dinosaurs

- August 16th \$35 - payment

Feel free to bring a water bottle, some snacks and/or your own coffee mug for the day

## **AGENDA FOR THE WEEKEND:**

### **Friday**

3:00pm: Check-in for hotel guests, under your own name

5:00pm: Reservations at Chucks. Please let me know ASAP if you would like to attend, if you haven't done so already. This is an additional cost. Open for all weekend attendees.

### **Saturday**

6:30am - 8:30am: Breakfast for hotel guests

8:30am - 9:00am: Meet and greet in the Ballroom on the main floor

9:00am - 10:30am: Workshop

10:30am - 10:45am: Break

10:45am - 12:15pm: Workshop

12:15pm - 1:00pm: Lunch - Dino's sandwich, beverage and treat provided for everyone

1:00pm - 2:30pm: Workshop

2:30pm - 2:45pm: Break

2:45pm - 4:15pm: Workshop

6:00pm: Pizza and Wings in the Ballroom (cheese, veggie, pickle trays, etc.)

8:00pm: Gale from London in the Ballroom. We have a great speaker!

### **Sunday**

6:30am - 10:00am: Breakfast

10:30am - 11:30am: Speaker Meeting at the Midland Legion

11:00am: Check out for hotel guests

We whole-heartedly hope that you enjoy this Women's Retreat for 2024! 😊