

48th Annual Al-Anon Family Groups of MD & DC  
**Spring Convention**  
With AA Participation

*A Little Time For Myself*



**June 12, 13, & 14, 2026**

Frostburg University, Frostburg, MD  
(SMOKE-FREE CAMPUS)  
You must be 18 to attend

**Early Bird Prices through April 30:**

**\$140 Saturday Only** (all Saturday events and meals)

**\$210 No Lodging** (full weekend, all events and meals)

**\$240+ \$25 Refundable Key Deposit** (single dorm **NO** AC)

**\$255 + \$25 Refundable Key Deposit** (single dorm with AC)

**\$260 + \$25 Refundable Key Deposit** (double dorm **NO** AC)

**\$270 + \$25 Refundable Key Deposit** (double dorm with AC)

**Online Registration at:** [www.TinyURL.com/AFG24SC](http://www.TinyURL.com/AFG24SC)

(PayPal/Credit Card with convenience/platform fees)

Convention starts 4:00 pm Friday and ends after lunch Sunday.

Registration is Friday 2:00 to 8:00 PM and Saturday 7:00 to 9:00 AM.

Questions? Email Kelly N. at [SpringConventionChair@gmail.com](mailto:SpringConventionChair@gmail.com)

Topic Meetings • Al-Anon and AA Speakers • Spirituality Speakers  
Fellowship • Friday Night Entertainment • Dance • Bingo • Hospitality Room  
~ Meals with Vegan and Gluten-Free Options ~

Directions to Frostburg University: <https://maps.app.goo.gl/L3HfqCc7PfbdvXwM9>

Campus lodging must be reserved by May 15. Registrations fully refundable through May 15, 2026



**MD/DC AFG Convention 2026 Registration Form**  
**"A Little Time for Myself" June 12, 13 & 14, 2026**

Online Registration at [www.TinyURL.com/AFG24SC](http://www.TinyURL.com/AFG24SC) (Credit Card/Debit Card with 3% fee)  
 Form with check to: AFG Spring Convention, PO BOX 29013, Washington, DC 20017  
 PLEASE NOTE: No minors under the age of 18 are allowed at the Convention

Questions? Contact Christine, Treasurer: 202-607-9111; [Treasurer.MDDCSpringCon@gmail.com](mailto:Treasurer.MDDCSpringCon@gmail.com)

**Registrant Information** Full registration fee refundable through May 15. After May 15 a \$25 cancellation fee will be charged

Name:

Street:

City:  State  Zip

Phone Number:  Email Address:

Roommate(s):

To assist with room assignments, please check Male  Female  Prefer Single  Indicate any concerns or special physical needs:

Emergency contact (optional):

**REGISTRATION DEADLINE:**  
**May 15, 2026**

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**Registration Options, including all meals**

**Number of years in Alanon**  **or AA**

**Meals and Events, No Lodging**

Saturday Only (Meals: breakfast, lunch and dinner)  
 Full Weekend

By April 30	After April 30	Onsite
<input type="checkbox"/> \$140	<input type="checkbox"/> \$150	<input type="checkbox"/> \$175
<input type="checkbox"/> \$210	<input type="checkbox"/> \$220	<input type="checkbox"/> \$245

**Lodging, Meals and Events (includes \$25 refundable key deposit)**

Single **NO** AC Dorm (includes linen packet)  
 Single with AC Dorm (includes linen packet)  
**Double** room **NO** AC dorm (includes linen packet)  
**Double** room with AC dorm (includes linen packet)

<input type="checkbox"/> \$265	<input type="checkbox"/> \$275	N/A
<input type="checkbox"/> \$280	<input type="checkbox"/> \$290	N/A
<input type="checkbox"/> \$285	<input type="checkbox"/> \$295	N/A
<input type="checkbox"/> \$295	<input type="checkbox"/> \$305	N/A

**Linen Packet Includes: (1) mattress pad, (2) flat sheets, (1) blanket, (1) pillow case, (1) pillow, (1) wash cloth, and (1) towel.**  
**Bring toiletries, hangers, reading lamp (if desired), extra towel (if desired).**

Make check or money order payable to: **AFG Spring Convention** **Total Amount Enclosed: \$**

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**Service Opportunity for active Al-Anon or AA members to lead a workshop**

Al-Anon Workshop Topics: Three workshops you are willing to co-lead: , ,

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|--|---|
| 1. Steps 1, 2 & 3: Time to be Restored to Sanity   | 10. Gratitude: Time to Accept God's Care for Me               |
| 2. Steps 4, 5 & 6: Self-Exploration                | 11. Financial Serenity: Faith in Relaxing & Enjoying Life     |
| 3. Steps 7, 8 & 9: Becoming a Compassionate Person | 12. Intimacy & Sexuality: Establishing a Spiritual Experience |
| 4. Steps 10, 11 & 12: Time to Listen to My HP      | 13. Acceptance: I Am Enough                                   |
| 5. Traditions: My (Our) Common Welfare Comes First | 14. Self-Esteem: Standing Up for Myself                       |
| 6. Concepts: How to Love the World I Live In       | 15. Humor: Goofy Cat on My Book                               |
| 7. Slogans: Simple Readings for When I Am in a Fix | 16. Boundaries: Safeguarding Me                               |
| 8. Resentments: A Trip to Nowhere                  | 17. Grief & Loss: Discover & Express Buried Feelings          |
| 9. Sponsorship: Often I Need Fellowship Company    |   |

AA Workshop Topics- from "As Bill Sees It: Two workshops you are willing to co-lead: ,

- |                                     |                               |
|-------------------------------------|-------------------------------|
| 1. Morning Thoughts, p. 243         | 3. Spot Checking, p. 132      |
| 2. A Full and Thankful Heart, p. 37 | 4. Foundation For Life, p. 33 |