

Emotions Anonymous ▪ Southern Central Ontario Intergroup

Fall Unity Day



Saturday, November 24, 2018

10 a.m. to 3 p.m.

Sign in and Coffee from 8:45-9:45 in the Lower Lounge
(Optional Tour of the historic Chapel at 9:30 and after 3:00)

At the scenic
Monastery of
Mount Carmel

7020 Stanley Ave.,
Niagara Falls



Workshop: Find Joy and Meaning in Your Life
Through Self Awareness and Self Esteem
Hot Buffet Lunch: Cost \$20.00
Optional: Tour of the Historic Chapel at 9:30 and after 3:00

Registration and Lunch Reservation:
Contact Joyce Nero at 905-356-4113
ext. 4200 or jnero@carmelniagara.com
(Advise Joyce of any dietary needs)
Please RSVP by November 12, 2018

Turn your Unity Day into a Weekend Getaway!

A limited number of rooms are available for Friday and/or Saturday night. Contact Joyce (905-356-4113 x4200) or jnero@carmelniagara.com for rates and availability.

Directions:

- QEW (From Toronto) to McLeod Road (Exit 27) ▪ Turn Left on McLeod (Heading east) ▪ Turn Left onto Stanley Avenue.
- Monastery is just past the vineyard on your right.