

District 8 held its Spring Fling via Zoom on Thursday, April 29th with 37 participants. We had speakers focusing on good sleep, self-care and meditation. Starting to think how our Fall Festival may look in November. Public Outreach is working on getting Alateen literature into the schools. Monthly meetings at Area Substance Abuse Council (ASAC) have started up again.

We revamped our District's AFG website with a complete overhaul. We want it to be user-friendly for mobile devices. Check it out: <https://www.cedarrapidsareaal-anon.org/>

District 8 has a majority of its meetings still meeting via Zoom because schools and churches are not allowing outside groups to come into their facilities. Some groups are going to hybrid meetings and some are starting to go back to in-person meetings. Alateen is meeting in-person again on Tuesday nights at 7 p.m. Check out our website for meeting information if you would like to join us. The groups are keeping a pulse on their locations and re-opening plans and returning only if they feel safe to do so. You can find District 8's meetings here: <https://www.cedarrapidsareaal-anon.org/meetings/>

Yours in Service,

Carolyn S.
DR District 8