

Speaker Exchange

Trading Speakers from Meeting to Meeting

Any Suffolk County Al-Anon Family Group meeting (AFG) may participate in our speaker exchange. For every speaker that you send from your AFG (max of 3 per quarter) you will receive a speaker from another AFG.

Winter 2025 Speaker Exchange

For each AFG Contact Person:

- Each AFG's Contact Person collects up to 3 volunteers to speak at other AFGs.
- Upcoming quarter is **January, February and March 2025**.
- After **December 9th**, fully complete the [Sign Up Form](#) link below and submit.
- The deadline for this form is **Sunday, December 29th**.
- After your AFG has filled their allotted slots, please let us know by emailing speakersexchange@al-anon-suffolk-ny.org

For each participating speaker: (Volunteers)

- Beginning **December 30th**, a table of participating AFGs, the type of meeting (in-person, hybrid or Zoom), and the speaking dates will be available. By clicking on the [For Participating Speakers](#) button below.
- Simply select a meeting and e-mail the Speakers Exchange Contact to confirm the speaking date.

Thank you for participating in our Speakers Exchange. We all are in this together!

Visit <https://www.al-anon-suffolk-ny.org/speakers-exchange>

Yours in service,

Kim B., ASIS Speaker Exchange Coordinator