



Central Jersey Intergroup presents

I.D.E.A. DAY 2026

International Day Experiencing Abstinence

“Staying In Recovery Through the Holidays”

Featuring Speakers and a Long-Timers Panel

Saturday November 21, 2026

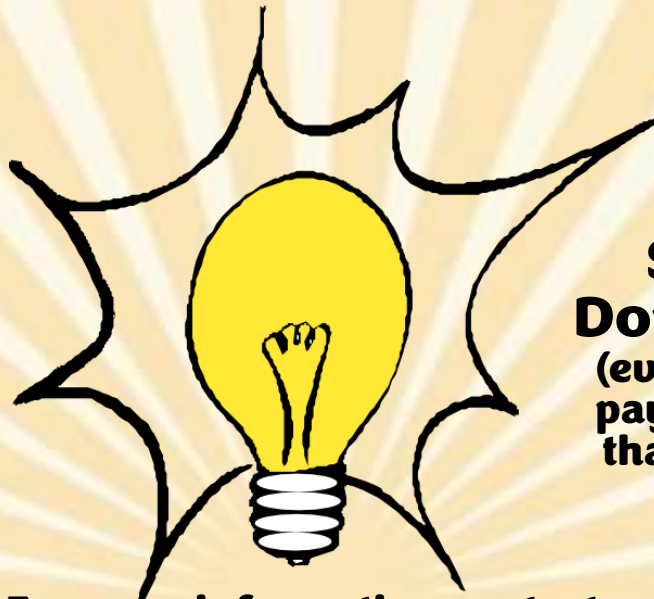
Registration begins at 9:30 am

Program 10:00am – 3:00 pm

Aldersgate United Methodist Church

568 Ryders Lane, East Brunswick, NJ 08816

**Bring your
own lunch**



**Suggested
Donation \$5.00**
(even if you cannot
pay, come anyway,
that's the OA way!)

**For more information contact:
Alex 732-618-1542 or Ross 732-239-7209**