



**Saturday, December 28th**

**Noon to 4pm** (New York time)

**ZOOM Meeting ID: 897 1551 8773**

**Passcode: 069726**

**Dial In: +1 929-205-6099 + Meeting I.D.+ Passcode**

NYC Al-Anon Intergroup's monthly afternoon workshop focuses on the healing we experience through recovery and what we can do to bring the message to others who suffer from this family disease.

Newcomers are welcome.

## **PROGRAM SCHEDULE**

- 12:00 PM** Service: Doing good to feel good
- 1:00 PM** Showing up for ourselves
- 2:00 PM** Experiencing Confidence: opening up at our own pace
- 3:00 PM** A spiritual solution

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