

NYC Al-Anon Intergroup Presents our Monthly Workshop

Applying Al-Anon Recovery in Daily Life

Saturday, May 18th

Noon to 4pm (New York Time)

ZOOM Meeting ID: 897 1551 8773

Passcode: 069726

Dial by your location: +1 929 205 6099 US (New York)

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.

- 12pm Changed attitudes can aid recovery
- 1pm Practicing detachment
- 2pm The 3 A's: Awareness, Acceptance, Action
- 3pm Making decisions

*All are welcome
to share experience,
strength and hope!
\$5 suggested
donation goes
to Intergroup
& expenses.*

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