

NYC AI-Anon Intergroup Monthly Share-a-Day

# GRATITUDE

**Saturday, September 28, noon-4pm EST**

**Zoom Meeting ID: 897 1551 8773 • Password: 069726**  
**Dial In: 929-205-6099 and then enter Meeting ID and Password**

NYC AI-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.

- 12pm Utilizing gratitude to transform resentments
- 1pm Finding gratitude despite active alcoholism
- 2pm Practicing gratitude to strengthen our assets
- 3pm Experiencing serenity through gratitude



All are welcome to  
join and share  
experience,  
strength and hope!

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