

Accepting Reality

One Day At A Time

Saturday, April 27th

Noon to 4pm



**P.S. 41, 106 West 11th Street
(and 6th Avenue)
New York, NY**

The day includes:

- Hourly Speakers and time for sharing
- Reading of Al-Anon Conference Approved Literature

12pm Releasing denial

1pm Hope, not magical thinking

2pm Life on life's terms

3pm The present moment

NYC Al-Anon Intergroup's monthly workshop is a gentle afternoon immersion focusing on recovering from the effects of the family disease of alcoholism--such as distorted thinking--that can keep us more connected to our minds and resistant to being in our full experience in the moment. We will explore the courageous practice of opening our hearts, and connecting to a Higher Power of our understanding, while accepting aspects of our realities that may be challenging. Newcomers are welcome.

\$10 suggested donation supports Intergroup and helps cover rent!

All are welcome to show up and share their experience, strength & hope!