

NYC Al-Anon Intergroup Presents our Monthly Workshop

Applying Al-Anon Recovery in Daily Life

Saturday, May 22nd

Noon to 4pm (New York Time)

ZOOM Meeting ID: 840 3273 5795 Passcode: 904597

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

**HOURLY SPEAKERS • TIME FOR SHARING
READING OF CONFERENCE APPROVED LITERATURE**

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

Taking our Al-Anon tools into the world, away from meetings and fellow members, can often be challenging. NYC Al-Anon Intergroup's monthly workshop is a gentle afternoon immersion focusing on staying connected to a Higher Power of our understanding, and our paths to recovery, in everyday life—in settings that don't include Al-Anon steps, traditions, concepts, and the structure and safety that they are meant to provide.

All are welcome to share experience, strength and hope!

\$5 suggested donation goes to Intergroup & expenses.

NEW TO AL-ANON?

**JOIN OUR 15 MINUTE
NEWCOMERS MEETING AT 1:50 PM.
ASK QUESTIONS AND RECEIVE
PROGRAM RESOURCES.**

**SIGN UP BETWEEN
12:00 PM AND 1:30 PM.**

DONATE WITH PAYPAL



PayPal

**info@nycalanon.org
or Credit Card**

JOIN THE MEETING



**DONATE
BY VENMO**



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