

To ground recovery at the start of the year,  
NYC Al-Anon Intergroup offers our first workshop of 2021

# *Opening to Compassion*



**Saturday, January 30th, 2021  
noon to 4pm**

**Meeting ID: 899 9941 4356 • Passcode: 703833  
Dial by your location • +1 929 205 6099 US (New York)**

We'll focus on compassion-related topics.  
Each hour will include a speaker and time for sharing.

**Noon: Compassion and letting go of resentments  
1pm: Compassion and healing grief  
2pm: Compassion and using the tools of the program  
3pm: Compassion and keeping the focus on yourself**



**DONATE BY VENMO:** For access within the app, use name: nyc-afg  
Phone Code: 5042  
For other donation types, see: [nycalanon.org](http://nycalanon.org)  
Suggested \$5 donation supports Intergroup and helps cover expenses.

**All are welcome to show up and share experience, strength, and hope.**