


JULY 2022

IN PERSON AT AVALON WOMEN'S CENTRE **NORTH SHORE**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<p><b>Centre hours:</b>                      Monday to Wednesday: 10:00am – 4:00pm                      Thursday: 10:00am – 8:00pm                      Friday: 10:00am – 4:00pm and 4:30pm – 8:30pm                      Saturday and Sunday: 10:00am – 2:00pm</p>		<p><b>As our schedule sometimes changes, please visit our website for up-to-date information</b>  <a href="http://avalonrecovery.org/schedule">avalonrecovery.org/schedule</a></p>		
					<p>1 Childminding                      11:30am-1:30pm                      12:15pm – AA                      7:00pm – NA</p>	<p>2                      10:30am – Big Book                      12:15pm - AA</p>
<p>3                      12:15pm - AA</p>	<p>4                      12:15pm - AA</p>	<p>5                      12:15pm - AA</p>	<p>6                      12:15pm – AA                       6:00pm – SMART Recovery</p>	<p>7                      12:15pm – AA</p>	<p>8                      Childminding 11:30am-1:30pm                      12:15pm – AA                      7:00pm – NA                      7:00pm – CODA</p>	<p>9                      10:30am – Big Book                      12:15pm - AA</p>
<p>10                      12:15pm - AA</p>	<p>11                      12:15pm - AA</p>	<p>12                      12:15pm - AA</p>	<p>13                      12:15pm - AA                       6:00pm – SMART Recovery</p>	<p>14                      12:15pm – AA</p>	<p>15                      Childminding 11:30am-1:30pm                      12:15pm – AA                      5:00pm AA Beginner                      7:00pm – NA</p>	<p>16                      10:30am – Big Book                      12:15pm - AA</p>
<p>17                      12:15pm - AA</p>	<p>18                      12:15pm - AA</p>	<p>19                      12:15pm - AA</p>	<p>20                      12:15pm – AA                       6:00pm – SMART Recovery</p>	<p>21                      12:15pm - AA</p>	<p>22                      Childminding 11:30am-1:30pm                      12:15pm – AA                      5:00pm AA Beginner                      7:00pm – NA                      7:00pm – CODA</p>	<p>23                      10:30am – Big Book                      12:15pm - AA</p>
<p>24/31                      12:15pm - AA</p>	<p>25                      12:15pm - AA</p>	<p>26                      12:15pm - AA</p>	<p>27                      12:15pm – AA                       6:00pm – SMART Recovery</p>	<p>28                      12:15pm - AA</p>	<p>29                      12:15pm – AA                      5:00pm AA Beginner                      7:00pm – NA</p>	<p>30                      10:30am – Big Book                      12:15pm - AA</p>

**"Sometimes the bravest and most important thing you can do is show up."**

- Brené Brown

