


# NOVEMBER 2022

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<p><b>Centre hours:</b>                      Monday: 10:00m- 7:00pm                      Tuesday : 10:00am – 4:00pm                      Wednesday: 10:00am – 8:00pm                      Thursday 10:00am- 4:00pm                      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>		
		1 12:30pm - AA	2 12:15pm - AA  <b>4:00 pm- Acupuncture</b> <b>6:00pm – SMART Recovery</b>	3  <b>Art Therapy-Sign up required</b>  12:15pm – AA	4 10:00 AM- ALANON 12:15pm – AA 5:00pm <b>AA Beginner</b> 7:00pm – CODA	5 10:30am – Big Book 12:15pm – AA
6 12:15pm - AA	7 12:15pm - AA  <b>ACOA- 5:30 pm</b>	8 12:30pm - AA	9 12:15pm - AA  <b>6:00pm – SMART Recovery</b>	10  <b>Art Therapy-Sign up required</b>  12:15pm – AA	11 10:00 AM- ALANON 12:15pm – AA 5:00pm <b>AA Beginner</b> 7:00pm – CODA	12 10:30am – Big Book 12:15pm – AA
13 12:15pm - AA	14 12:15pm – AA  <b>ACOA- 5:30 pm</b>	15 12:30pm - AA	16 12:15pm – AA  <b>6:00pm – SMART Recovery</b>	17  <b>Art Therapy-Sign up required</b>  12:15pm - AA	18 10:00 AM- ALANON 12:15pm – AA 5:00pm <b>AA Beginner</b> 7:00pm – CODA	19 10:30am – Big Book 12:15pm – AA
20 12:15pm - AA	21 12:15pm – AA  <b>ACOA- 5:30 pm</b>  <b>CHOIR PRACTICE 7:00 PM</b>	22 12:30pm - AA	23 12:15pm – AA  <b>6:00pm – SMART Recovery</b>	24  <b>Art Therapy-Sign up required</b>  12:15pm - AA	25 10:00 AM- ALANON 12:15pm – AA 5:00pm <b>AA Beginner</b> 7:00pm – CODA	<b>26</b>  10:30am – Big Book 12:15pm – AA
27 12:15pm – AA	28 12:15pm – AA  <b>ACOA- 5:30 pm</b>  <b>CHOIR PRACTICE 7:00 PM</b>	29 12:30pm - AA	30 12:15pm – AA  <b>6:00pm – SMART Recovery</b>			

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