

# November 2022 IN PERSON AT AVALON WOMEN'S CENTRE WHITE ROCK

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
		1 10:30am AA 12:30pm Women's Way 12 Step Recovery 6:30pm Non-Violent Communication Workshop	2 10:30am AA 12pm Free Acupuncture (must pre-register) 6:00pm Al-Anon Step Group	3 10:30am AA 12:30pm Al-Anon for Alcoholics: Double Winners 7:00pm CoDA	4 10:30am – AA <b>NEW**12:00pm Women's Circle</b>	5 10:30am AA	
	6 10:30am – AA	7 10:30am – AA 1:00pm – Al Anon	8 10:30am AA 12:30pm Women's Way 12 Step Recovery 6:30pm Non-Violent Communication Workshop	9 10:30am AA 12pm Free Acupuncture (must pre-register) 6:00pm Al-Anon Step Group	10 10:30am AA 12:30pm Al-Anon for Alcoholics: Double Winners 7:00pm CoDA	11 10:30am – AA	12 10:30am AA <b>7:00-9:00pm NEW! Games Night!</b>
	13 10:30am – AA	14 10:30am – AA 1:00pm – Al Anon	15 10:30am AA 12:30pm Women's Way 12 Step Recovery 6:30pm Non-Violent Communication Workshop	16 10:30am AA 12pm Free Acupuncture (must pre-register) 6:00pm Al-Anon Step Group	17 10:30am AA 12:30pm Al-Anon for Alcoholics: Double Winners 7:00pm CoDA	18 10:30am – AA <b>NEW**12:00pm Women's Circle</b> 7:00pm – SLAA (meets in-person once a month)	19 10:30am AA
	20 10:30am – AA	21 10:30am – AA 1:00pm – Al Anon	22 10:30am AA 12:30pm Women's Way 12 Step Recovery 6:30pm Non-Violent Communication Workshop	23 10:30am AA 12pm Free Acupuncture (must pre-register) 6:00pm Al-Anon Step Group	26 10:30am AA 12:30pm Al-Anon for Alcoholics: Double Winners 7:00pm CoDA	25 10:30am – AA <b>6:00pm-8:00pm NEW! Potluck/Speaker Meeting</b>	26 10:30am AA
	27 10:30am – AA	28 10:30am – AA 1:00pm – Al Anon	29 10:30am AA 12:30pm Women's Way 12 Step Recovery 6:30pm Non-Violent Communication Workshop	30 10:30am AA 12pm Free Acupuncture (must pre-register) 6:00pm Al-Anon Step Group	<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> <b>White Rock Centre hours:</b> <b>Monday's &amp; Friday's: 10:00am – 4:00pm</b> <b>Tues, Wed, Thurs: 10:00am – 8:30pm</b> <b>Saturday and Sunday: 10:00am – 2:00pm</b>		