


JANUARY 2023

IN PERSON AT AVALON WOMEN'S CENTRE NORTH SHORE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<p>Centre hours: Monday: 10:00m- 4:00pm 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>As our schedule sometimes changes, please visit our website for up-to-date information avalonrecovery.org/schedule</p>		
1 12:15pm - AA	2 12:15pm - AA	3 12:30pm - AA	4 12:15pm - AA 4:00pm- Acupuncture	5 12:15pm – AA	6 10:00 AM- ALANON 12:15pm – AA 5:00pm AA Beginner 7:00pm – CODA	7 10:30am – Big Book 12:15pm – AA
8 12:15pm - AA	9 12:15pm - AA	10 12:30pm - AA	11 12:15pm - AA 6:00pm – SMART Recovery	12 Art Therapy-Sign up required 12:15pm – AA	13 10:00 AM- ALANON 12:15pm – AA 5:00pm AA Beginner 7:00pm – CODA	14 10:30am – Big Book 12:15pm – AA
15 12:15pm - AA	16 12:15pm – AA	17 12:30pm - AA	18 12:15pm – AA 1:30-4:00 Vison Board workshop 6:00pm – SMART Recovery	19 Art Therapy-Sign up required 12:15pm - AA	20 10:00 AM- ALANON 12:15pm – AA 5:00pm AA Beginner 7:00pm – CODA	21 10:30am – Big Book 12:15pm – AA
22 12:15pm - AA	23 12:15pm – AA 5:30 pm- ACOA	24 12:30pm - AA	25 12:15pm – AA 6:00pm – SMART Recovery	26 12:15pm - AA	27 10:00 AM- ALANON 12:15pm – AA 5:00pm AA Beginner 7:00pm – CODA	28 10:30am – Big Book 12:15pm – AA
29 12:15pm – AA	30 12:15pm – AA 5:30 pm- ACOA-	31 12:30pm - AA				

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

