


January 2023 IN PERSON AT AVALON WOMEN'S CENTRE **WHITE ROCK**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
1 10:30am – AA	2 10:30am – AA 1:00pm – Al Anon	3 10:30am AA 12:30pm Women's Way 12 Step Recovery	4 10:30am AA *NO ACUPUNCTURE	5 10:30am AA 12:30pm Al-Anon for Alcoholics: Double Winners	6 10:30am – AA	7 10:30am AA	
8 10:30am – AA	9 10:30am – AA 1:00pm – Al Anon	10 10:30am AA 12:30pm Women's Way 12 Step Recovery	11 10:30am AA 12pm Free Acupuncture (must pre-register)	12 10:30am AA 12:30pm Al-Anon for Alcoholics: Double Winners	13 10:30am – AA 12:00pm Group Coaching (Women's Circle)	14 10:30am AA 7:00-9:00pm Games Night!	
15 10:30am – AA	16 10:30am – AA 1:00pm – Al Anon	17 10:30am AA 12:30pm Women's Way 12 Step Recovery	18 10:30am AA 12pm Free Acupuncture (must pre-register)	19 10:30am AA 12:30pm Al-Anon for Alcoholics: Double Winners	20 10:30am – AA 7:00pm – SLAA (meets in-person once a month)	21 10:30am AA	
22 10:30am – AA	23 10:30am – AA 1:00pm – Al Anon	24 10:30am AA 12:30pm Women's Way 12 Step Recovery	25 10:30am AA 12pm Free Acupuncture (must pre-register)	26 10:30am AA 12:30pm Al-Anon for Alcoholics: Double Winners	27 10:30am – AA 12:00pm Group Coaching 6-8pm Potluck/Speaker Meeting	28 10:30am AA	
29 10:30am – AA	30 10:30am – AA 1:00pm – Al Anon	31 10:30am AA 12:30pm Women's Way 12 Step Recovery	<p>As our schedule sometimes changes, please visit our website for up-to-date information avalonrecovery.org/schedule White Rock Centre hours: Monday - Friday: 10:00am – 4:00pm Saturday and Sunday: 10:00am – 2:00pm</p>			 <p style="text-align: center;">AVALON RECOVERY SOCIETY</p>	