

**September 2023**  
**IN PERSON AT AVALON WOMEN'S CENTRE NORTH SHORE**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Centre Hours</b> Monday: 10:00m-3:00 & 4:30- 7:00pm Tuesday: 10:00am – 3:00pm Wednesday: 10:00am – 8:00pm Thursday 10:00am- 3:00pm Friday: 10:00am – 3:00pm and 4:30pm – 8:30pm Saturday and Sunday: 10:00am – 2:00pm		As our schedule sometimes changes, please visit our website for up-to-date information <a href="http://avalonrecovery.org/schedule">avalonrecovery.org/schedule</a>			1 10:00 AM- ALANON 12:15pm – AA 5:00pm <b>AA Beginner</b> 7:00pm – CODA	2 10:30am – Big Book 12:15pm – AA
3 10:30 AM –Sunday Morning Wake Up-Coffee & Conversation 12:15pm – AA	4 12:15pm – AA 5:30 pm- ACOA	5 12:15pm - AA	6 12:15pm – AA 4:00 PM Acupuncture 5:45pm – SMART Recovery	7 12:15pm - AA	8 10:00 AM- ALANON 12:15pm – AA 5:00pm <b>AA Beginner</b> 7:00pm – CODA	9 10:30am – Big Book 12:15pm – AA
10 10:30 AM –Sunday Morning Wake Up-Coffee & Conversation 12:15pm – AA	11 12:15pm – AA 5:30 pm- ACOA	12 12:15pm - AA	13 12:15pm – AA 5:45pm – SMART Recovery	14 12:15pm - AA	15 10:00 AM- ALANON 12:15pm – AA 5:00pm <b>AA Beginner</b> 7:00pm – CODA	16 10:30am – Big Book 12:15pm – AA
17 10:30 AM –Sunday Morning Wake Up-Coffee & Conversation 12:15pm - AA	18 12:15pm – AA 5:30 pm- ACOA	19 12:15pm - AA	20 12:15pm – AA 5:45pm – SMART Recovery	21 12:15pm - AA	22 10:00 AM- ALANON 12:15pm – AA 5:00pm <b>AA Beginner</b> 7:00pm – CODA	23 10:30am – Big Book 12:15pm – AA
24 10:30 AM –Sunday Morning Wake Up-Coffee & Conversation 12:15pm - AA	25 12:15pm – AA 5:30 pm- ACOA	26 12:15pm - AA	27 12:15pm – AA 5:45pm – SMART Recovery	28 12:15pm - AA	29 10:00 AM- ALANON 12:15pm – AA 5:00pm <b>AA Beginner</b> 7:00pm – CODA	30 10:30am – Big Book 12:15pm – AA 6:00 pm - <b>Potluck</b>