

September 2023

ZOOM Avalon Women's Centre

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<p>Please visit our website, as our schedule sometimes changes. avalonrecovery.org/schedule</p>			<p>1 10:00am Al-Anon Step 10:25am Meditation 12:15pm AA Tri-centre 5:00pm AA Beginner 7:00pm SLAA 7:00pm AA Step</p>	<p>2 10:25am Meditation 10:30am AA 10:30am Big Book 12:15pm AA 12:30pm AA</p>
<p>10:25am Meditation 10:30am AA 12:15pm AA 12:30pm AA</p>	<p>4 12:15pm AA 12:30pm AA 1:00pm Al-Anon 5:30pm ACA 7:00pm COSA</p>	<p>5 10:30am AA 12:15pm AA 12:30pm Women's Way 7:00pm AA Step</p>	<p>6 10:30am AA 12:15pm AA 12:00pm Life Coaching 12:30pm AA 5:45pm SMART Recovery 6:00pm Friends & Family: SMART Recovery 7:30pm NA</p>	<p>7 10:25am Meditation 10:30am AA 12:15pm AA 12:30pm AA 7:00pm CoDA 7:00pm AA for Agnostics</p>	<p>8 10:00am Al-Anon Step 10:25am Meditation 12:15pm AA Tri-centre 5:00pm AA Beginner 7:00pm SLAA 7:00pm AA Step</p>	<p>9 10:25am Meditation 10:30am AA 10:30am Big Book 12:00pm ACA NEW 12:15pm AA 12:30pm AA</p>
<p>10 10:25am Meditation 10:30am AA 12:15pm AA 12:30pm AA</p>	<p>11 12:15pm AA 12:30pm AA 1:00pm Al-Anon 5:30pm ACA 7:00pm COSA</p>	<p>12 10:30am AA 12:15pm AA 12:30pm Women's Way 7:00pm AA Step</p>	<p>13 10:30am AA 12:15pm AA 12:30pm AA 5:45pm SMART Recovery 6:00pm Friends & Family: SMART Recovery 7:30pm NA</p>	<p>14 10:25am Meditation 10:30am AA 12:15pm AA 12:30pm AA 7:00pm CoDA 7:00pm AA for Agnostics</p>	<p>15 10:00am Al-Anon Step 10:25am Meditation 12:15pm AA Tri-centre 5:00pm AA Beginner 7:00pm AA Step</p>	<p>16 10:25am Meditation 10:30am AA 10:30am Big Book 12:00pm ACA NEW 12:15pm AA 12:30pm AA</p>
<p>17 10:25am Meditation 10:30am AA 12:15pm AA 12:30pm AA</p>	<p>18 12:15pm AA 12:30pm AA 1:00pm Al-Anon 5:30pm ACA 7:00pm COSA</p>	<p>19 10:30am AA 12:15pm AA 12:30pm Women's Way 7:00pm AA Step</p>	<p>20 10:30am AA 12:15pm AA 12:00pm Life Coaching 12:30pm AA 5:45pm SMART Recovery 6:00pm Friends & Family: SMART Recovery 7:30pm NA</p>	<p>21 10:25am Meditation 10:30am AA 12:15pm AA 12:30pm AA 7:00pm CoDA 7:00pm AA for Agnostics</p>	<p>22 10:00am Al-Anon Step 10:25am Meditation 12:15pm AA Tri-centre 5:00pm AA Beginner 7:00pm SLAA 7:00pm AA Step</p>	<p>23 10:25am Meditation 10:30am AA 10:30am Big Book 12:00pm ACA NEW 12:15pm AA 12:30pm AA</p>
<p>24 10:25am Meditation 10:30am AA 12:15pm AA 12:30pm AA</p>	<p>25 12:15pm AA 12:30pm AA 1:00pm Al-Anon 5:30pm ACA 7:00pm COSA</p>	<p>26 10:30am AA 12:15pm AA 12:30pm Women's Way 7:00pm AA Step</p>	<p>27 10:30am AA 12:15pm AA 12:30pm AA 5:45pm SMART Recovery 6:00pm Friends & Family: SMART Recovery 7:30pm NA</p>	<p>28 10:25am Meditation 10:30am AA 12:15pm AA 12:30pm AA 7:00pm CoDA 7:00pm AA for Agnostics</p>	<p>29 10:00am Al-Anon Step 10:25am Meditation 12:15pm AA Tri-centre 5:00pm AA Beginner 7:00pm SLAA 7:00pm AA Step</p>	<p>30 10:25am Meditation 10:30am AA 10:30am Big Book 12:00pm ACA NEW 12:15pm AA 12:30pm AA</p>