

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
 <p><b>Please check our website for Holiday Hours</b></p>		<p><b>Centre hours:</b>  Monday: 10:00m-3:00 &amp; 4:30- 7:00pm  Tuesday : 10:00am – 3:00pm  Wednesday: 10:00am – 3:00 &amp; 4:00 -8:00pm  Thursday 10:00am- 3:00pm  Friday: 10:00am – 3:00pm and 4:30pm – 8:30pm  Saturday and Sunday: 10:00am – 2:00pm</p>		<p><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></p>			
					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  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 12:00 PM- 2:00- CODA 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 6:00 PM – Potluck-Christmas	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	
24/31 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	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	