


**September 2024**  
**IN PERSON AT AVALON WOMEN'S CENTRE NORTH SHORE**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<p><b>Centre hours:</b>  <b>Monday: 10:00 am-4:00 pm</b>  <b>Tuesday : 10:00 am – 4:00 pm</b>  <b>Wednesday: 10:00 am – 8:00 pm</b>  <b>Thursday 10:00 am- 4:00 pm</b>  <b>Friday: 10:00 am – 4:00 pm</b>  <b>Saturday 10:00am – 2:00 pm</b>  <b>Sunday 11:30 am-2:00 pm</b></p>		<p style="text-align: center;">As our schedule sometimes changes, please visit our website for up-to-date information  <a href="http://avalonrecovery.org/schedule">avalonrecovery.org/schedule</a></p>		
1 <b>12:15pm – AA</b>	2 12:15pm – AA	3 10:00 AM- AA In person only  12:15pm - AA	4 12:15pm – AA <b>NEW *1:30 PM Walking Group</b> <b>5:45pm – SMART Recovery</b> 7:00pm – CODA	5 <b>YOGA 11:00 am</b>  12:15pm - AA	6 10:00 AM- ALANON 12:15pm – AA	7 10:30am – Big Book 12:15pm – AA
8 <b>11:00 am- AA Step Group</b>  <b>12:15pm – AA</b>	9 12:15pm – AA  <b>Acupuncture 11:00 AM</b>	10 10:00 AM- AA In person only  12:15pm - AA	11 12:15pm – AA <b>NEW *1:30 PM Walking Group</b> <b>5:45pm – SMART Recovery</b> 7:00pm – CODA	12 <b>YOGA 11:00 am</b>  12:15pm - AA	13 10:00 AM- ALANON 12:15pm – AA	14 10:30am – Big Book 12:15pm – AA
15 <b>11:00 am- AA Step Group</b>  <b>12:15pm – AA</b>	16 12:15pm – AA	17 10:00 AM- AA In person only  12:15pm - AA	18 12:15pm – AA <b>NEW *1:30 PM Walking Group</b> <b>5:45pm – SMART Recovery</b> 7:00pm – CODA	19 <b>YOGA 11:00 am</b>  12:15pm - AA	20 10:00 AM- ALANON 12:15pm – AA	21 10:30am – Big Book 12:15pm – AA
22 <b>11:00 am- AA Step Group</b>  <b>12:15pm - AA</b>	23 12:15pm – AA	24 10:00 AM- AA In person only  12:15pm - AA	25 12:15pm – AA <b>NEW *1:30 PM Walking Group</b> <b>5:45pm – SMART Recovery</b> 7:00pm – CODA	26 12:15pm - AA	27 10:00 AM- ALANON 12:15pm – AA	<b>28</b> 10:30am – Big Book 12:15pm – AA
29 <b>11:00 am- AA Step Group</b>  <b>12:15pm - AA</b>	30 12:15pm – AA					