

Opening to Compassion

Saturday, January 27

Noon to 4pm (New York time)



ZOOM Meeting ID: 897 1551 8773

Passcode: 069726

Dial In: +1 929-205-6099 + Meeting I.D.+ Passcode

NYC Al-Anon Intergroup's monthly afternoon workshop focuses on the healing we experience through recovery and what we can do to bring the message to others who suffer from this family disease. Newcomers are welcome.

PROGRAM SCHEDULE

12:00 PM	Compassion and letting go of resentments
1:00 PM	Compassion and healing grief
2:00 PM	Compassion and using the tools of the program
3:00 PM	Compassion and keeping the focus on yourself

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