


NOVEMBER 2024 IN-PERSON at Avalon Women's Centre **WHITE ROCK**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Winter Drop-in Hours: Mon-Fri 10am-3pm Sat/Sun 10am-12pm Holidays -Special Hours	We Are Open 365 Days of the Year!		1 10:30am – AA 12-2pm AA Step Group (pre-registered)	2 10:30am AA
3 10:30am – AA	4 10am – Al-Anon Step Group (Pre-registered) 10:30am – AA 12:30pm – Al Anon	5 10:30am AA 12:30pm Women's Way Recovery	6 10:30am AA 11:40am Acupuncture (pre-registered)	7 10:30am AA 12pm - Counselling (pre-registered)	8 10:30am – AA 12-2pm AA Step Group (pre-registered)	9 10:30am AA
10 10:30am – AA	11 *Remembrance Day (Open 10am-2pm) 10am – Al-Anon Step Group (Pre-registered) 10:30am – AA 12:30pm – Al Anon	12 10:30am AA 12:30pm Women's Way Recovery	13 10:30am AA 11:40am Acupuncture (pre-registered)	14 10:30am AA 12pm - Counselling (pre-registered)	15 10:30am – AA 12-2pm AA Step Group (pre-registered) 7:00pm – SLAA (meets in- person once a month)	16 10:30am AA
17 10:30am – AA	18 10am – Al-Anon Step Group (Pre-registered) 10:30am – AA 12:30pm – Al Anon	19 10:30am AA 12:30pm Women's Way Recovery	20 10:30am AA 11:40am Acupuncture (pre-registered)	21 10:30am AA 12pm - Counselling (pre-registered)	22 10:30am – AA 12-2pm AA Step Group (pre-registered) HOLIDAY CARD MAKING! 6-8pm	23 10:30am AA
24/31 10:30am – AA	25 10am – Al-Anon Step Group (Pre-registered) 10:30am – AA 12:30pm – Al Anon	26 10:30am AA 12:30pm Women's Way Recovery	27 10:30am AA 11:40am Acupuncture (pre-registered)	28 10:30am AA 12pm - Counselling (pre-registered)	29 10:30am – AA 12-2pm AA Step Group (pre-registered) SOUND BATH HEALING & MEDITATION 6-8pm	30 10:30am AA