

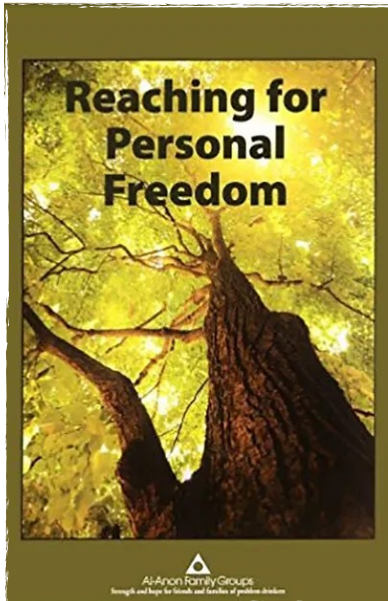
**TUESDAYS**

**@ 11 EST**

**ZOOM**

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PW:Birds



# **REACHING FOR PERSONAL FREEDOM**

## **Step Study Tuesdays 11am-12pm**

Al-Anon is a support program tailored for the loved ones of individuals battling alcoholism. In this step study each week, we will delve into a new aspect of the 12 steps framework adopted by Al-Anon from Alcoholics Anonymous, to better understand how these principles can guide us towards personal freedom. This Step Study is for a unique group with Aviation Family Members in mind, the principles of the 12 steps can be universally applied to gain a greater sense of personal freedom and serenity, regardless of one's life circumstances.