

# *Opening to Compassion*

**Saturday, January 31**

**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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