

Al-Anon Without Borders

WORKSHOPS

Zoom

Meeting Id: 132 50 1257 Password 949801

All meetings are **Pacific Time**

PST 9am/MST 10am/CST 11am/EST 12am/Europe Sat 6pm/Sun 7pm

Week 1	Week 2
<p>Wednesday April 29th 9am - 1pm PST</p> <p>Tina and Bill H— St Louis MO</p> <p><i>“Forgiveness”</i></p>	<p>Wednesday May 6th 9 am - 1pm PST</p> <p>Chuck L—Superior WI</p> <p><i>“The Al-Anon Toolbox”</i></p>
<p>Friday May 1st 9am – 1pm PST</p> <p>Corrie L—Wetumpka AL</p> <p><i>“Let Go! “</i> <i>Getting rid of old ideas, preconceived notions , unhealthy behavious, expectations and Resentments.</i></p>	<p>Friday May 8th 9am – 1pm PST</p> <p>Nancy B—Buena Vista CO</p> <p><i>“Attitude Adjustment”</i></p>