



Come join us on **Saturday 20th June** for our 5th 'Day of Gratitude'
 this time bringing you:

The Birmingham UK Convention

Theme is: **Listen and Learn** and is open to all Al-Anon members and fellowship friends

Doors open: 9.00am UK BST time. Check www.worldtimebuddy.com if you are in a different time zone

Session time:	Topics
9.30am - 10.30am	Listen and Learn.
10.45pm - 11.45am	The Three C's
12.00pm - 13.00am	Al-Anon is for Men.
13.15pm - 14.15am	Maturity
14.30pm-16.00am	Boundaries workshop (we suggest bringing a pen and paper to this)
16.00pm-16-15am	Formal meeting closing followed by a short-Guided Meditation

See our website for more info, Worksheets for you to view/download in advance and our contact details

www.dayofgratitude.co.uk

Tradition 7: <https://www.paypal.me/dayofgratitude> Al-Anon members only please. After costs are deducted remainder will be forwarded to Birmingham UK Convention.

*The 'Zoom waiting room' will be open from 9.00 am BST

Zoom Link:	https://us02web.zoom.us/j/81965319238?pwd=dDJYN0s5YkxxelluMklaQXpLU1pKUT09	
Meeting ID: 819 6531 9238	Password: 142632	