

Hope for Today for Alanon Adult Children Group has two virtual meetings per week:

Thursdays from 10 AM – 11:30 AM Rotating Topics

- Week 1: Topic
- Week 2: Step
- Week 3: Tradition
- Week 4: Literature
- Week 5: Slogans or Intimacy in Alcoholic Relationships

Sundays from 8 AM – 9 AM Book Study

- Week 1: Blueprint for Progress
- Week 2: From Survival to Recovery
- Week 3: Blueprint for Progress
- Week 4: Intimacy in Alcoholic Relationships
- Week 5: Hope for Today

Topic: Hope for Today for Alanon Adult Children, 10 AM Thursdays & 8 AM Sundays
Time: 10 AM Thursdays & 8 AM Sundays

Join Zoom Meeting

<https://us02web.zoom.us/j/82129433270>

Meeting ID: 821 2943 3270

Passcode: 934319

One tap mobile

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