

AL-ANON FAMILY GROUPS CALIFORNIA DISTRICT 26
THIRD FRIDAY SPEAKER MEETING - ALL ARE WELCOME!



“The Humbling Practice of Emotional Recovery”

SPEAKER: MARY C.C.

FRIDAY, SEPTEMBER 19, 2025

7:15-8:30 PM MEETING

8:30-9:00 PM FELLOWSHIP

VIRTUAL MEETING ON ZOOM: [HTTPS://ZOOM.US/J/692090488](https://zoom.us/j/692090488)
MEETING ID: 692090488, PASSWORD: 830106

Sponsored by Midday Strength and Hope
www.al-anonbythebay.org