



Join the Al-Anon Family Group at

# *Easy Does It*

Al-Anon for the Holidays



*Speakers: Simon & Katherine*

December 19, 2025

St. Alban's Church, 1501 Washington Ave., Albany

6:15-7:00 pm - Beginners Meeting (all welcome)

7:00 pm - Speakers Meeting

Hosted by Help & Hope for Everyone

Friday 10:30 am AFG

