

# Maintenance Steps

## Al-anon Family Group

**Thursdays at 8pm**

**930 Watson Street (off of St. Stephen's Street)**

**St. Stephen's Anglican Church**

Parking in back – entrance off of St. Stephen's Street.

Enter from the back of the church, go downstairs.



### **How this group works**

We discuss issues related to each of the “Maintenance Steps” for a month each, and then begin again. Our schedule is as follows:

January: Step 10  
February: Step 11  
March: Step 12  
April: Step 10  
May: Step 11  
June: Step 12



July: Step 10  
August: Step 11  
September: Step 12  
October: Step 10  
November: Step 11  
December: 12

Throughout the year, we hold guided meditations, workshops, speaker meetings, and other interesting events (see over for more details).

***Everyone is welcome...regardless of where  
your program is at!***

**Please join us anytime.**

<b>January</b> Step 10	1 <sup>st</sup> Thurs	Steps 1 thru Step 10 topics
	2 <sup>nd</sup> Thurs	Steps 1 thru Step 10 topics
	3 <sup>rd</sup> Thurs	Steps 1 thru Step 10 topics
	4 <sup>th</sup> Thurs	Steps 1 thru Step 10 topics
<b>February</b> Step 11	1 <sup>st</sup> Thurs	Step 11 topics
	2 <sup>nd</sup> Thurs	<b>Guided meditation</b>
	3 <sup>rd</sup> Thurs	Step 11 topics
	4 <sup>th</sup> Thurs	<b>Guided prayer</b>
<b>March</b> Step 12	1 <sup>st</sup> Thurs	Step 12 topics
	2 <sup>nd</sup> Thurs	<b>AA speaker</b>
	3 <sup>rd</sup> Thurs	Step 12 topics
	4 <sup>th</sup> Thurs	<b>Al-Anon speaker</b>
<b>April</b> Step 10	1 <sup>st</sup> Thurs	Steps 1 thru Step 10 topics
	2 <sup>nd</sup> Thurs	Steps 1 thru Step 10 topics
	3 <sup>rd</sup> Thurs	Steps 1 thru Step 10 topics
	4 <sup>th</sup> Thurs	Steps 1 thru Step 10 topics
<b>May</b> Step 11	1 <sup>st</sup> Thurs	Step 11 topics
	2 <sup>nd</sup> Thurs	<b>Guided meditation</b>
	3 <sup>rd</sup> Thurs	Step 11 topics
	4 <sup>th</sup> Thurs	<b>Guided prayer</b>
<b>June</b> Step 12	1 <sup>st</sup> Thurs	Step 12 topics
	2 <sup>nd</sup> Thurs	<b>AA speaker</b>
	3 <sup>rd</sup> Thurs	Step 12 topics
	4 <sup>th</sup> Thurs	<b>Al-Anon speaker</b>

<b>July</b> Step 10	1 <sup>st</sup> Thurs	Steps 1 thru Step 10 topics
	2 <sup>nd</sup> Thurs	Steps 1 thru Step 10 topics
	3 <sup>rd</sup> Thurs	Steps 1 thru Step 10 topics
	4 <sup>th</sup> Thurs	Steps 1 thru Step 10 topics
<b>August</b> Step 11	1 <sup>st</sup> Thurs	Step 11 topics
	2 <sup>nd</sup> Thurs	<b>Guided meditation</b>
	3 <sup>rd</sup> Thurs	Step 11 topics
	4 <sup>th</sup> Thurs	<b>Guided prayer</b>
<b>September</b> Step 12	1 <sup>st</sup> Thurs	Step 12 topics
	2 <sup>nd</sup> Thurs	<b>AA speaker</b>
	3 <sup>rd</sup> Thurs	Step 12 topics
	4 <sup>th</sup> Thurs	<b>Al-Anon speaker</b>
<b>October</b> Step 10	1 <sup>st</sup> Thurs	Steps 1 thru Step 10 topics
	2 <sup>nd</sup> Thurs	Steps 1 thru Step 10 topics
	3 <sup>rd</sup> Thurs	Steps 1 thru Step 10 topics
	4 <sup>th</sup> Thurs	Steps 1 thru Step 10 topics
<b>November</b> Step 11	1 <sup>st</sup> Thurs	Step 11 topics
	2 <sup>nd</sup> Thurs	<b>Guided meditation</b>
	3 <sup>rd</sup> Thurs	Step 11 topics
	4 <sup>th</sup> Thurs	<b>Guided prayer</b>
<b>December</b> Step 12	1 <sup>st</sup> Thurs	Step 12 topics
	2 <sup>nd</sup> Thurs	<b>AA speaker</b>
	3 <sup>rd</sup> Thurs	Step 12 topics
	4 <sup>th</sup> Thurs	<b>Al-Anon speaker</b>