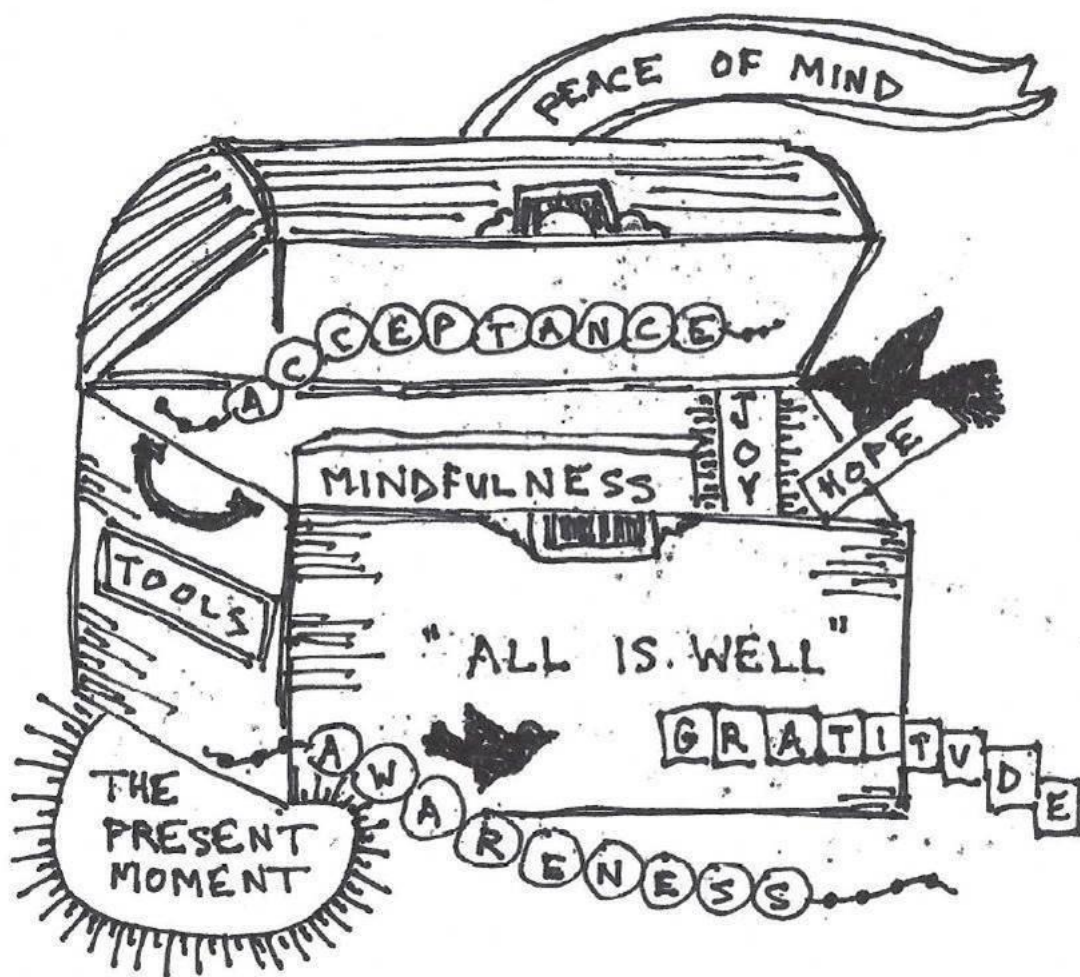


2021 MWR Nar-Anon Annual Assembly “All is Well”

JOIN US ONLINE!



Please Save-the-Date and send your RSVP for both days to Cathy Carrol (cathycarroll362@gmail.com) to register for the virtual 2021 Nar-Anon Assembly.

The assembly is “free” but donations are welcome. Send checks payable to Midwest Region of Nar-Anon to Kevin Adkins at 9760 Grandview Drive, St. Louis, MO 63132.

Virtual Fellowship with networking activities

WHEN

Friday, October 15

7:00 p.m. – 8:30 p.m. CST

Learn how to use Zoom and Networking Activities

Zoom link:

<https://us02web.zoom.us/j/87356160544?pwd=bXUwaEJVYnBPVjhqRmFvMGxMZUV0UT09>

For Meeting ID and Passcode, see attached agenda

Virtual MWR 2021 Annual Assembly

Saturday, October 16

Business Meeting

8:00 a.m. – Noon CST

Sessions

1:00 p.m. – 5:00 p.m.

- Awareness/Acceptance
- The Present Moment/Mindfulness
- Recovery Toolbox
- Gratitude and Hope

Regional Family Group Meeting (open to all)

7:00 p.m. – 9:00 p.m.

Zoom link:

<https://us02web.zoom.us/j/82614909632?pwd=Q1ZUUHdJUUhtdHdOdVNhWjFIWHZrOT09>

For Meeting ID and Passcode, see attached agenda

QUESTIONS

Please contact Debbie Smith (ultconn@att.net) with any questions.
