

**Does a friend or family members drinking
affect your life?**

Do you consider yourself a “Young Adult”?

**The East Bay Young Adult Al-Anon meeting
may help!**



We are a weekly meeting of the young and young at heart,
looking to improve our lives and relationships with those
dealing with alcoholism by using the Steps and Traditions of
Al-Anon.



When: Sunday's at 11 A.M.

Where: 107 Jackson St. Hayward. We are located in the back of the building

For more information contact ebyoungadultsinrecovery@gmail.com