

Gateway to Mental Health Recovery

2ND THURSDAY BROWN BAG LUNCH SERIES

Maryland Height Community Ctr
2300 McKelvey Road
Maryland Heights, MO 63043
Noon—1:00 p.m.

Bring your lunch and we'll provide drinks and cookies, with your RSVP.

To Register online go to <http://www.namistl.org/programs-2/2nd-thursday-seminars/>

Or call us at 314-962-4670.



July 11, 2019 - [Learn all about Al-Anon](#)

Speaker: Marilyn Sue

Marilyn Sue will speak about the basics of the Al-Anon program and share her story of how the program has helped her everyday life. She will be happy to take questions from the audience after the presentation.