

Spring Forward: Daylight Saving Time Reminder

The North American time change from Standard Time to Daylight Saving

Time begins on **Sunday, March 8**. This transition can present challenges for groups meeting in the *Al-Anon Family Groups Mobile App (AFG Mobile App)*.

While we continue to improve how we manage these biannual changes, we recognize that it's not yet a perfect process. We appreciate your patience and want to assure you that we will be keeping a close watch on meetings throughout the day on Sunday, March 8, to resolve issues as quickly as possible. We encourage participants to confirm meeting times within the *AFG Mobile App* as close to the meeting time as possible.