

Meetings in Your Pocket: The *AFG Mobile App*

The *Al-Anon Family Groups Mobile App* connects over 270,000 active members through a safe digital space. On the app, you can access 142 virtual meetings, including 11 daily options; share your experience, strength, and hope through its secure newsfeed; journal your a-ha moments; and keep up with World Service Office news—all from your phone.

Additionally, members can subscribe to receive premium content, currently *Today's Reflection*, to enhance their program experience. Available on iOS and Android, it's another valuable tool for your Al-Anon toolbox, accessible wherever you are. Learn more at

al-anon.org/mobileapp