

## AL-ANON/ALATEEN

### Meetings in Anchorage & Eagle River

Updated October, 2017

Al-Anon: 907-276-6646 & Alateen: 907-227-5742

[www.al-anon-ak.org](http://www.al-anon-ak.org)

#### Al-Anon & Alateen Family Groups

are a fellowship of relatives and friends of alcoholics who share their experience, strength and hope with one another, in order to solve their common problems and help others do the same.

The only requirement for membership is that there be a relative or friend with a drinking problem. There are no dues or fees for membership.

**Most meetings are open. All welcome. No smoking.**

**Meetings are one hour long unless specified.**

**! CLOSED meetings**

**# Handicap accessible**

**\* AA meeting at same location and time**

**Alateen: Ages 13-19, younger depending on maturity.**

### MONDAY

**Noon** #Brown Bag

Anchorage Lutheran Church, 1420 N St.

**7 pm** ##Southside Serenity - Gloria Dei Lutheran Church

8427 Jewel Lake (84th & Jewel Lake)

**7 pm** !##\*Courage to Be Me Alateen

Gloria Dei Lutheran Church

8427 Jewel Lake (84th & Jewel Lake)

**8 pm** ##Keep It Simple - Presbyterian Church

12836 Old Glenn Hwy., Eagle River

Speaker mtgs: 1st Monday of March, June, Sept. & Dec.

Steps & Traditions

### TUESDAY

**Noon** #Brown Bag - See Monday

**6:30 pm** #Newcomer's meeting - Our Lady of Guadalupe

3900 Wisconsin St.

**7 pm** #One Day at a Time - Our Lady of Guadalupe

3900 Wisconsin St.

**7 pm** !#Tuesday Night Alateen

Our Lady of Guadalupe, 3900 Wisconsin St.

### WEDNESDAY

**Noon** #Brown Bag - See Monday

**Noon** #Here We Are - Southcentral Foundation Primary

Care Center Conf. Rm. 2127, 4320 Diplomacy Dr.

**To call into mtg: (563) 999-2090, code 706-034 pin 7065**

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**THURSDAY**

**Noon** #Brown Bag - See Monday  
**7 pm** #Thursday Night Men's Meeting  
12\*100 Coffee & Communitas  
12100 Old Seward Hwy. (North of Huffman)  
**7 pm** #Grace for Today  
St. Elizabeth Ann Seton Catholic Church  
2901 Huffman Road  
**8 pm** #\*Keep It Simple - See Monday (Eagle River)

**FRIDAY**

**Noon** #Brown Bag - See Monday  
**5:30 pm** #\*Progress Not Perfection  
First Covenant Church, 1145 C St. (C & 12th)  
**7:30 pm** #Shoulder to Shoulder  
Christian Church of Anch, 10800 Lake Otis Pkwy (up ramp)

**SATURDAY**

**9 am** #Come As You Are  
First United Methodist Church, 725 W 9th Ave  
9th & G St. (Enter from parking lot.)  
**7 pm** #Back To Basics  
Anchorage Dry Dock - 8141 Briarwood St  
(Small meeting room)  
**8 pm** #\*Keep It Simple - See Monday (Eagle River)

**SUNDAY**

**10:30-** #Higher Powered Group  
**Noon** AK Regional Hospital, Medical Plaza  
1200 Airport Heights, Auditorium on Mezzanine level  
**6 pm** #Easy Does It - St. Mary's Episcopal Church  
2222 E. Tudor (Lake Otis & Tudor), Pillsbury Hall

**The Al-Anon/Alateen Book Store**  
**4105 Turnagain Blvd., Ste. D1**  
Open Saturdays 12:30-3 pm

**Intergroup/District 3 Business Meeting**  
2nd Saturday of the month;  
10:30 am at the bookstore.  
All members welcome.

**KEEP COMING BACK!**

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