

## Al-Anon/Alateen meetings in Anchorage and Eagle River

***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.***

@@ = AA meeting at same location and time.

<b>Sunday</b>	10:30 - Noon Higher Powered Group Alanon	AK Regional Hospital, Medical Plaza 1200 Airport Heights, Auditorium on Mezzanine level. Doors lock at 10:45. Call the tel# on the Al-Anon door sign.
	6pm Easy Does It Alanon	St. Mary's Episcopal Church, 2222 E. Tudor (Lake Otis & Tudor), Pillsbury Hall
<b>Monday</b>	Noon Brown Bag Alanon	Anchorage Lutheran Church 1420 N Street
	7pm Southside Serenity Alanon @@	Gloria Dei Lutheran Church 8427 Jewel Lake (84th & Jewel Lake)
	8pm Keep it Simple Alanon @@	Holy Spirit Episcopal Church 17545 N Eagle River Loop Rd, Eagle River. Speaker mtgs: 1st Monday of March, June, Sept. & Dec. Steps & Traditions
<b>Tuesday</b>	Noon Brown Bag Alanon	Anchorage Lutheran Church 1420 N Street
	6:30-7pm Newcomers' meeting	Orientation to Alanon. Our Lady of Guadalupe, 3900 Wisconsin St.
	7pm One Day at a Time Alanon	Our Lady of Guadalupe, 3900 Wisconsin St.
	7pm Tuesday Night <b>Alateen</b>	Our Lady of Guadalupe 3900 Wisconsin St.
	8pm Keep It Simple Alanon	Holy Spirit Episcopal Church 17545 N Eagle River Loop Rd, Eagle River. Speaker mtgs: 1st Monday of March, June, Sept. & Dec. Steps & Traditions

<b>Wednesday</b>	Noon Brown Bag Alanon	Anchorage Lutheran Church 1420 N Street
	7pm Southside Empowered Alanon	Gloria Dei Lutheran Church 8427 Jewel Lake (84th & Jewel Lake)
<b>Thursday</b>	Noon Brown Bag Alanon	Anchorage Lutheran Church 1420 N Street
	7pm Thursday Night Mens' meeting	3401 Rabbit Creek Road (New location)
	7pm Grace For Today Alanon	St. Elizabeth Ann Seton Catholic Church 2901 Huffman Road
	8pm Keep it Simple Alanon @@	Holy Spirit Episcopal Church 17545 N Eagle River Loop Rd, Eagle River. Speaker mtgs: 1st Monday of March, June, Sept. & Dec. Steps & Traditions
<b>Friday</b>	Noon Brown Bag Alanon	Anchorage Lutheran Church 1420 N Street
	5:30pm Progress Not Perfection Alanon @@	First Covenant Church 1145 C Street (C & 12th)
	5:30pm Together We Can Make it <b>Alateen @@</b>	First Covenant Church, 1145 C St. (C & 12th) 13-19 year olds ONLY.
	7:30pm Shoulder to Shoulder Alanon	Christian Church of Anchorage 10800 Lake Otis Pkwy. (Walk up ramp.)
<b>Saturday</b>	9am Come As You Are Alanon	First United Methodist Church 725 W 9th Avenue, 9th & G Street (Enter from parking lot.)
	7pm Back to Basics Alanon	8141 Briarwood St. (Anchorage Dry Dock, Serenity meeting room)
	8pm Keep it Simple Alanon @@	Holy Spirit Episcopal Church 17545 N Eagle River Loop Rd, Eagle River. Speaker mtgs: 1st Monday of March, June, Sept. & Dec. Steps & Traditions

Al-Anon: 907-276-6646  
Alateen: 907-227-5742  
www.al-anon-ak.org  
Alateen: Ages 7-19, younger depending on maturity.

All meetings are wheelchair accessible and open to visitors. Meetings are one hour long unless specified. No smoking. Meetings are one hour long unless specified.

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

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

Do you have a change or correction to this schedule? please email squid@gci.net.