

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

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.

@@ = 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
	5:30pm Stepping Stones	Eagle River Presbyterian Church 12836 Old Glenn Hwy
	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 <b>Newcomers' meeting</b>	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

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<b>Wednesday</b>	Noon Brown Bag Alanon	Anchorage Lutheran Church 1420 N Street
	5:30pm Stepping Stones	Eagle River Presbyterian Church 12836 Old Glenn Hwy
	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)
	5:30pm Stepping Stones	Eagle River Presbyterian Church 12836 Old Glenn Hwy
	7pm Shoulder to Shoulder Alanon	Amazing Grace Lutheran Church 10955 Elmore Road
	9am Come As You Are Alanon	First United Methodist Church 725 W 9th Avenue, 9th & G Street (Enter from parking lot.)
<b>Saturday</b>	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-ak.org. AlAnon: 907-276-6646

Alateen: 907-227-5742

Ages 7-19, younger depending on maturity.

<b>Wednesday</b>	Noon Brown Bag Alanon	Anchorage Lutheran Church 1420 N Street
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