

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.

Sunday	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
Monday	Noon Brown Bag Alanon	Anchorage Lutheran Church, 1420 N Street Door locked? Ring the doorbell!
	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
Tuesday	Noon Brown Bag Alanon	Anchorage Lutheran Church, 1420 N Street Door locked? Ring the doorbell!
	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 Alateen	Our Lady of Guadalupe 3900 Wisconsin St.
	8pm Keep It Simple Alanon	Holy Spirit Episcopal Church 17545 N Eagle River Loop Rd, Eagle River.

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.

Sunday	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
Monday	Noon Brown Bag Alanon	Anchorage Lutheran Church, 1420 N Street Door locked? Ring the doorbell!
	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
Tuesday	Noon Brown Bag Alanon	Anchorage Lutheran Church, 1420 N Street Door locked? Ring the doorbell!
	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 Alateen	Our Lady of Guadalupe 3900 Wisconsin St.
	8pm Keep It Simple Alanon	Holy Spirit Episcopal Church 17545 N Eagle River Loop Rd, Eagle River.

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.

Sunday	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
Monday	Noon Brown Bag Alanon	Anchorage Lutheran Church, 1420 N Street Door locked? Ring the doorbell!
	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
Tuesday	Noon Brown Bag Alanon	Anchorage Lutheran Church, 1420 N Street Door locked? Ring the doorbell!
	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 Alateen	Our Lady of Guadalupe 3900 Wisconsin St.
	8pm Keep It Simple Alanon	Holy Spirit Episcopal Church 17545 N Eagle River Loop Rd, Eagle River.

Wednesday	Noon Brown Bag Alanon	Anchorage Lutheran Church, 1420 N Street Door locked? Ring the doorbell!
	5:30pm Stepping Stones	Eagle River Presbyterian Church 12836 Old Glenn Hwy
	7:30pm Southside Empowered Alanon	Gloria Dei Lutheran Church 8427 Jewel Lake Or call in: 605-313-6155 Code: 613-690#
Thursday	Noon Brown Bag Alanon	Anchorage Lutheran Church, 1420 N Street Door locked? Ring the doorbell!
	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
Friday	Noon Brown Bag Alanon	Anchorage Lutheran Church, 1420 N Street Door locked? Ring the doorbell!
	5:30pm Progress Not Perfection Alanon @@	First Covenant Church 1145 C Street (C & 12th)
	7pm Shoulder to Shoulder Alanon	Amazing Grace Lutheran Church 10955 Elmore Road
Saturday	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-ak.org

Alateen: 907-227-5742

Ages 7-19, younger depending on maturity.

Changes? squid@pci.net.

Alanon_schedule_AnchER_2sides3up_17NOV19

Wednesday	Noon Brown Bag Alanon	Anchorage Lutheran Church, 1420 N Street Door locked? Ring the doorbell!
	5:30pm Stepping Stones	Eagle River Presbyterian Church 12836 Old Glenn Hwy
	7:30pm Southside Empowered Alanon	Gloria Dei Lutheran Church 8427 Jewel Lake Or call in: 605-313-6155 Code: 613-690#
Thursday	Noon Brown Bag Alanon	Anchorage Lutheran Church, 1420 N Street Door locked? Ring the doorbell!
	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
Friday	Noon Brown Bag Alanon	Anchorage Lutheran Church, 1420 N Street Door locked? Ring the doorbell!
	5:30pm Progress Not Perfection Alanon @@	First Covenant Church 1145 C Street (C & 12th)
	7pm Shoulder to Shoulder Alanon	Amazing Grace Lutheran Church 10955 Elmore Road
Saturday	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-ak.org

Alateen: 907-227-5742

Ages 7-19, younger depending on maturity.

Changes? squid@pci.net.

Alanon_schedule_AnchER_2sides3up_17NOV19

Wednesday	Noon Brown Bag Alanon	Anchorage Lutheran Church, 1420 N Street Door locked? Ring the doorbell!
	5:30pm Stepping Stones	Eagle River Presbyterian Church 12836 Old Glenn Hwy
	7:30pm Southside Empowered Alanon	Gloria Dei Lutheran Church 8427 Jewel Lake Or call in: 605-313-6155 Code: 613-690#
Thursday	Noon Brown Bag Alanon	Anchorage Lutheran Church, 1420 N Street Door locked? Ring the doorbell!
	7pm Thursday Night Men's 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
Friday	Noon Brown Bag Alanon	Anchorage Lutheran Church, 1420 N Street Door locked? Ring the doorbell!
	5:30pm Progress Not Perfection Alanon @@	First Covenant Church 1145 C Street (C & 12th)
	7pm Shoulder to Shoulder Alanon	Amazing Grace Lutheran Church 10955 Elmore Road
Saturday	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-ak.org

Alateen: 907-227-5742

Ages 7-19, younger depending on maturity.

Changes? squid@pci.net.

Alanon_schedule_AnchER_2sides3up_17NOV19