

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.

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.
Tuesday	Noon Brown Bag Alanon	Anchorage Lutheran Church, 1420 N Street Door locked? Ring the doorbell!
	6:30-7pm Newcomer's 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 Men's Alanon 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.
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.

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
Bookstore
Open Saturdays 12:30-3pm,
4105 Turnagain Blvd.,
Ste. D1.

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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.