

**AL-ANON/ALATEEN  
Is It For You?**

- ◆ Do you worry about how much someone else drinks?
- ◆ Do you have money problems because of someone else's drinking?
- ◆ Do you tell lies to cover up for someone else's drinking?
- ◆ Do you feel that if the drinker loved you, he or she would stop drinking, to please you?
- ◆ Do you blame the drinker's behavior on his or her companions?
- ◆ Are plans frequently upset, or cancelled, or meals delayed because of the drinker?
- ◆ Do you make threats, such as, "If you don't stop drinking, I'll leave you"?
- ◆ Do you secretly try to smell the drinker's breath?
- ◆ Are you afraid to upset someone for fear it will set off a drinking bout?
- ◆ Have you been hurt or embarrassed by a drinker's behavior?
- ◆ Are holidays and gatherings spoiled because of drinking?
- ◆ Have you considered calling the police for help in fear of abuse?
- ◆ Do you search for hidden alcohol?
- ◆ Do you often ride in a car with a driver who has been drinking?
- ◆ Have you refused social invitations out of fear or anxiety?
- ◆ Do you sometimes feel like a failure when you think of the lengths to which you have gone to control the drinker?
- ◆ Do you think that, if the drinker stopped drinking, your other problems would be solved?
- ◆ Do you ever threaten to hurt yourself to scare the drinker?
- ◆ Do you feel angry, confused or depressed most of the time?
- ◆ Do you feel there is no one who understands your problems?

**EDMONTON NORTHEAST**

*Monday* **Clareview New Hope** **8:00 pm**  
Emmaus Lutheran Church **WA**  
5015 - 144 Avenue

*Thursday* **Acceptance and Serenity** **8:00 pm**  
Pilgrim United Church **W**  
9008 - 135 Avenue

**EDMONTON NORTHWEST**

*Friday* **Castledowns Serenity** **8:00-9:00 pm**  
Good Shepherd Anglican Church **A**  
15495 Castledowns Road  
(Upstairs)

*Saturday* **Oasis** **10:00 am**  
St. Andrew Meeting House **A**  
11107-129 Street  
(Downstairs)

**EDMONTON CENTRAL**

*Thursday* **Luv-Anon** **7:00 pm**  
AlanoClub **W**  
10728 – 124 Street

**EDMONTON SOUTHWEST**

*Wednesday* **NuLife** **7:30 pm**  
Lendrum Mennonite Brethren Church **WTO**  
11210 - 59 Avenue

*Thursday* **Thursday Night Spirit Group** **7:00 pm**  
Holy Spirit Lutheran Church **W**  
11223 – 51 Avenue

**EDMONTON SOUTHEAST**

*Monday* **Glad to Be** **7:30 pm**  
Grey Nuns Hospital **W**  
3015 - 62 Street  
(Downstairs Room 0651)

*Tuesday* **Second Chapter** **7:30 pm**  
Trinity Lutheran Church  
10014 – 81 Ave.  
(Parking & meeting door at rear of church.)

*Wednesday* **Mill Creek Morning** **10:00 am**  
Expressionz Cafe  
9938 – 70 Avenue (upstairs)

*Thursday* **Courage to Change** **7:30 pm**  
Trinity Lutheran Church  
10014 – 81 Ave.  
(Parking & meeting door at rear of church.)

**Gold Bar Adult Children** **8:00 pm**  
Hope Lutheran Church **WA**  
5104 - 106 Avenue  
(Back Door Downstairs)

**EDMONTON WEST**

*Sunday* **West End Camel** **11:00 am**  
Lynnwood Mall **A**  
8776 - 149 Street  
(Upstairs, end of hall turn right, meeting in kitchen area)

*Monday* **Friendship** **8:00 pm**  
Ebenezer United Church **W**  
16302 - 106 Avenue  
(First Monday of the month is **Open Meeting**,  
Door Is Locked @ 8:10 – use doorbell to come in.)

*Tuesday* **Reaching Out** **8:15 pm**  
St. Timothy's Anglican Church **A**  
8420 - 145 Street  
(Through Main Door, down the hall and  
immediate right before the stairs.)

*Wednesday* **You Count** **8:00 pm**  
St. John Catholic Church **O**  
9830 - 148 Street  
(Hall Basement, Door locked @8:10,  
Knock loudly for entry.)

*Thursday* **New Focus** **8:00 pm**  
St. Matthias Anglican Church **W**  
6210 - 188 Street

**ALATEEN EDMONTON**

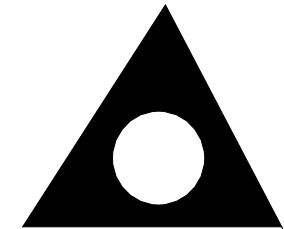
*Wednesday* **Caring NuLifeAlateen** **7:30 pm**  
Lendrum Mennonite Brethren Church **W**  
11210- 59 Avenue

If you have answered 'yes' to three or more of these questions, Al-Anon or Alateen may help.

# AL-ANON FAMILY GROUPS

January 17, 2012

## EDMONTON & AREA MEETING LIST (780) 433-1818 (24 Hours)



*Friday*  
8:00 pm Westlock Group  
WOA Trinity Lutheran Church  
102 Street & 102 Avenue ..... Westlock

### ALATEEN SURROUNDING AREA

*Tuesday*  
7:00 pm Sherwood Park Alateen  
WA Bethel Lutheran Church  
298 Bethel Drive ..... Sherwood Park

When our information service lists a group at their request there is an informal agreement that the group will abide by Al-Anon traditions and keep its door open to any Al-Anon member. Listing in this directory does not constitute approval of a group's manner of practicing the Al-Anon program.

If the group that you attend is not right for you, please try another. There is help and hope available in Al-Anon.

Notes or Telephone Numbers

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1-888-4-ALANON (6 a.m. - 4 p.m. MST)  
Call 1-888-425-2666

### AL-ANON SURROUNDING AREA

*Sunday*  
7:30 pm One Step at a Time  
A Braeside Presbyterian Church (upstairs)  
6 Bernard Drive ..... St. Albert

*Monday*  
10:00 am After The Weekend  
W St. Albert United Church  
20 Green Grove Drive ..... St. Albert

8:00 pm Leduc Group  
W St. David United Church  
4612 - 48 Street ..... Leduc  
(West door)

8:00 pm Stony Plain Group  
Stony Plain United Church  
5014 - 51 Avenue ..... Stony Plain

### *Tuesday*

1:30 pm Westlock Group  
WO Trinity Lutheran Church  
102 Street & 102 Avenue ..... Westlock

7:00 pm Onoway  
W 5023-49 Avenue  
Onoway United Church ..... Onoway

7:00 pm Strength and Hope  
WAT Bethel Lutheran Church  
298 Bethel Drive ..... Sherwood Park

8:00 pm Fort Saskatchewan AFG  
WOA First United Church  
10409 - 100 Avenue ..... Fort Saskatchewan

8:00 pm St. Albert Tuesday Night  
A Lacombe (Kinsmen) Club House (upstairs)  
Larose Drive ..... St. Albert  
(No meeting first Tuesday of the month, Al-Anon members attend Open AA Meeting downstairs.)

W WHEELCHAIR ACCESSIBLE  
O OPEN TO GENERAL PUBLIC  
A AA MEETING AT THE SAME TIME  
T ALATEEN

### AL-ANON SURROUNDING AREA

*Wednesday*  
12:00 pm Steps to Healing  
St Paul's Anglican Church  
4416 - 50 Street ..... Leduc

1:00 pm Wednesday Welcome  
O Stony Plain United Church  
5014 - 51 Avenue  
(upstairs at the back) ..... Stony Plain

8:00 pm Our Haven - Bethel Lutheran Church  
AW Rm 6, 298 Bethel Drive ..... Sherwood Park  
(No meeting last Wednesday of month, Al-Anon members attend Open AA Meeting next door.)

8:00 pm Spruce Grove Group  
St. Andrew's United Church  
1A Fieldstone Drive ..... Spruce Grove

7:00 pm Beaumont Help & Hope AFG  
W Beaumont Community Church  
5423 - 55 St. .... Beaumont  
(ramp door entrance, buzz - top floor)

### *Thursday*

8:00 pm Brightbank Group  
Margo 780-963-6322 Lorie 780-963-3937  
Hwy 627 Mewassin United Church

8:00 pm Gibbons Serenity  
Coronado United Church Hall ..... Gibbons  
(6 km north of Gibbons on Hwy 28  
and 1 km west on Twp Rd 570)

8:00 pm Morinville Thursday Nite  
A Morinville Baptist Church  
431 Grandin Drive ..... Morinville

8:00 pm One Day At A Time  
WA Sturgeon Valley Baptist Church  
51 Woodlands Road ..... St. Albert

### *Friday*

8:30 pm Friday Nite  
A St Thomas' Anglican Church  
4 Raven Drive ..... Sherwood Park