

**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

<i>Monday</i>	Clareview New Hope Emmaus Lutheran Church 5015 - 144 Avenue	8:00 pm WAS
<i>Tuesday</i>	Serenity Home Group Contact Grace (780) 454-2770 Contact Irene (780) 475-3778	7:00 pm
<i>Friday</i>	Acceptance and Serenity Pilgrim United Church 9008 - 135 Avenue	8:00 pm WS

EDMONTON NORTHWEST

<i>Friday</i>	Castledowns Serenity Good Shepherd Anglican Church 15495 Castledowns Road <i>(Upstairs)</i>	8:00-9:00 pm AS
<i>Saturday</i>	Oasis St. Andrew Meeting House 11107 - 129 Street <i>(Downstairs)</i>	10:00 am AS

EDMONTON CENTRAL

<i>Thursday</i>	Luv-A-Non Alano Club 10728 – 124 Street	7:00 pm WS
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EDMONTON SOUTHWEST

<i>Wednesday</i>	Nu Life Lendrum Mennonite Brethren Church 11210 - 59 Avenue	7:30 pm WSTO
<i>Thursday</i>	Thursday Night Spirit Group Holy Spirit Lutheran Church 11223 – 51 Avenue	7:00 pm

EDMONTON SOUTHEAST

<i>Monday</i>	Glad to Be Grey Nuns Hospital 3015 - 62 Street <i>(Downstairs Room 0651)</i>	7:30 pm WS
<i>Tuesday</i>	Second Chapter 9918 – 82 Avenue <i>(Use Back Lane, Sign on the Door)</i>	7:30 pm S
<i>Thursday</i>	Avonmore 8501 - 82 Avenue <i>(In Church Library)</i>	7:30 pm WS

Gold Bar Adult Children

	Hope Lutheran Church 5104 - 106 Avenue <i>(Back Door Downstairs)</i>	8:00 pm WAS
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EDMONTON WEST

<i>Sunday</i>	West End Camel Lynnwood Mall 8776 - 149 Street <i>(Upstairs, end of hall, in kitchen area)</i>	11:00 am AS
<i>Monday</i>	Crestwood Welcome St. Andrew's United Church 9915 - 148 Street <i>(North Door, Downstairs, Room 11)</i>	8:00 pm AS
	Friendship Ebenezer United Church 16302 - 106 Avenue	8:00 pm WS

<i>Tuesday</i>	Reaching Out St. Timothy's Anglican Church 8420 - 145 Street <i>(Through Main Door, down the hall and immediate right before the stairs)</i>	8:15 pm AS
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<i>Wednesday</i>	You Count St. John Catholic Church 9830 - 148 Street <i>(Hall Basement)</i>	8:00 pm S
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<i>Thursday</i>	New Focus St. Matthias Anglican Church 6210 - 188 Street	8:00 pm WAST
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ALATEEN EDMONTON

<i>Wednesday</i>	Caring NuLife Alateen Lendrum Mennonite Brethren Church 11210 – 59 Avenue	7:30 pm WS
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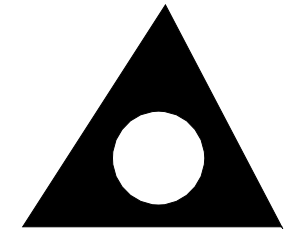
<i>Thursday</i>	Learning to S.O.A.R. St. Matthias Anglican Church 6210 - 188 Street <i>(Callingwood Area)</i>	8:00 pm WAS
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If you have answered 'yes' to three or more of these questions, Al-Anon or Alateen may help.

AL-ANON FAMILY GROUPS

July 21, 2010

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



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

For changes/information please write
Edmonton District

P.O. Box 1375

Edmonton, Alberta T5J 2N2

Telephone (780) 433-1818

<http://www.al-anon-edmonton.org>

www.al-anonliterature.ab.ca (Literature Orders)

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

Call 1-888-425-2666

AL-ANON SURROUNDING AREA

Sunday

8:00 pm AS Sherwood Park Group
Park Professional Building
912 Ash Street..... Sherwood Park

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

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

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

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

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

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

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

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

8:00 pm AS St. Albert Tuesday Night
Lacombe (Kinsmen) Club House
Larose Drive..... St. Albert

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

AL-ANON SURROUNDING AREA

Wednesday

12:00 pm S Steps to Healing
St Pauls Anglican Church
4416 - 50 Street Leduc

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

8:00 pm ASW Our Haven - Bethel Lutheran Church
Rm 6, 298 Bethel Drive Sherwood Park
(Last Wed.of month.joint Birthday Mtg. with AA -
in the room next door)

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

Thursday

7:30pm Beaumont Help & Hope AFG
Beaumont United Church
4910 - 50 Ave. Beaumont

8:00 pm WS Brightbank Group
Cathy 963-6057
Josie 963-7768
Hwy 627..... Mewassin United Church

8:00 pm S Gibbons Serenity
Coronado United Church Hall (6km north &
1 km east of Gibbons on Hwy 28)..... Gibbons

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

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

Friday

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

8:00 pm WOAS Westlock Group
Trinity Lutheran Church
102 Street & 102 Avenue..... Westlock

ALATEEN SURROUNDING AREA

Tuesday

Sherwood Park Alateen
7:00 pm Bethel Lutheran Church
WAS 298 Bethel Drive..... Sherwood Park

Thursday

Tri Alateen
7:00 pm Stony Plain Youth Centre
4902 - 51 Ave Stony Plain

Thursday

8:00pm Thursday Night Alateen
WAS Sturgeon Valley Baptist Church
51 Woodlands Road..... St. Albert