

Sunday

Chapel Hill

7 pm [Orange Sunday Night](#)
Closed Chapel of the Cross Episcopal Church
NHA 304 E. Franklin St
Beside Morehead Planetarium

Durham

8 pm [Step Study AI-Anon Group](#)
Closed Duke Memorial Methodist Church
504 W. Chapel Hill St.
Enter Memorial St

Fuquay-Varina

8 pm [Southern Wake AFG](#)
Closed First United Methodist Church
402 North Main St
enter breezeway door behind sanctuary

Oxford

9 am [Stepping Stones](#)
Closed Alano Club of Oxford
NHA 211 Broad Street

Raleigh

4 pm [Craddock AI-Anon ACOA Group](#)
Closed Fairmont United Methodist
NHA 2501 Clark Ave
6 pm [Keep It Simple Sunday](#)
Open The Healing Place
1251 Goode St

7 pm [Evening Meditation AFG](#)
Closed St. Francis of Assisi
11401 Leesville Rd
Anthony Hall Room 406

Monday

Cary

7:30 pm [Courage To Change](#)
Open Triangle Alano Club
177 High House Road

8 pm [Monday Night Serenity](#)
Open Greenwood Forest Baptist Church
110 South East Maynard Road
Discussion, Step Study 3rd Monday

Chapel Hill

Noon [Hope on Campus](#)
Open UNC Campus YMCA Bldg
180-A Cameron Avenue
1st Floor Conference Room. Metered parking and pay lots
available on Franklin St, 7-10 minute walk.

7:30 pm [Progress not Perfection Step Study](#)
Closed Friends Meeting House
531 Raleigh Road

Durham

7:30 pm [Changing What I Can AFG](#)
Closed Aldersgate United Methodist Church
1320 Umstead Rd
Wesley Room. No meeting on holidays.

8 pm [Friendly AFG](#)
Closed Duke Memorial Methodist Church
504 W. Chapel Hill St.
Enter Memorial St

Franklinton

8 pm [Franklinton Evergreen AFG](#)
Closed Franklinton Baptist Church
102 W. Mason Street

Garner

8 pm [LakeSide AFG](#)
Closed Presbyterian Church of Garner
503 Lakeside Drive

Graham

8 pm [New Life Discussion AFG](#)
Closed Historic Providence Christian Church
819 North Main Street

Raleigh

8 pm [Monday Night How It Works](#)
Open Hudson Memorial Presbyterian Church
NHA 4921 Six Forks Road
Enter north side of bldg, Geneva Hall.

Tuesday

Apex

7 pm [Easy Does It AFG](#)
Closed Little White House
206 S. Hughes Street
In little white house.

Burlington

8 pm [Burlington Tuesday Night AFG](#)
Closed Blessed Sacrament Catholic Church
408 West Davis Street
Room #1-4

Cary

1:30 pm [Serenity For Courage To Change AFG](#)
Open Triangle Alano Club
177 High House Road

Chapel Hill

1 pm [Tuesday Senior AFG](#)
Closed Binkley Baptist Church
1712 Willow Drive
Room 21 "Sunshine"
8 pm [Chapel Hill/Carrboro AFG](#)
Closed Friends Meeting House
531 Raleigh Road

Durham

Noon [Downtown Durham Lunchtime AFG](#)
Closed First Presbyterian Church
305 E. Main St.
East Parlor
Park in rear; get parking pass from office.

6 pm [Language of the Hope AFG](#)
Closed Mt. Sylvan United Methodist Church
5731 N. Roxboro Road, Room #16

7:30 pm [Alexander Ave. AFG](#)
Closed Durham Friends Meeting
404 Alexander Avenue
Adult children focus, but all are welcome.

Raleigh

6:15 pm [Happy Hour AFG](#)
Open Wake County Human Resources Center
111 Sunnybrook Rd
Wakebrook Campus, Room #223
Near Holly Hill & Wake Med

8 pm [AFG at Westminster](#)
Closed Westminster Presbyterian Church
301 East Whitaker Mill Road
at rear of church, downstairs

8 pm [Hope-Filled Beginners AI-Anon Group](#)
Open New Hope Baptist Church
4301 Louisburg Road
Enter New Hope Rd Side

Wednesday

Burlington

10 am [We Care AFG](#)
Closed Emmanuel Methodist Church
2331 LaVista Drive

8 pm [Experience, Strength & Hope AFG](#)
Closed Belmont United Methodist Church
4039 Markwood Rd
Enter right side door

Cary

1:30 pm [Serenity for Courage To Change AFG](#)
Open Triangle Alano Club
177 High House Road
8 pm [One Day At A Time AFG](#)
Closed Christ The King Lutheran Church
600 Walnut Street
Rotating discussion, step -- beginners mtg

Chapel Hill

Noon [Lunch Bunch AFG](#)
Open St. Thomas More Catholic Church
940 Carmichael Street
Meeting is in new Parish Office.
8 pm [Fireside 4th Step AFG](#)
Open Friends Meeting House
531 Raleigh Road

Durham

8 pm [United AFG](#)
Closed Pilgrim United Church of Christ
3011 Academy Rd.

Raleigh

10:30 am [Westminster Butterflies](#)
Closed Westminster Presbyterian Church
301 East Whitaker Mill Road
enter rear of church, go downstairs

6:30 pm [Circle of Hope](#)
Closed The New Community Church
9621 Six Forks Road, North
On left after going over I-540

8 pm [Hayes Barton AFG](#)
Open White Memorial Presbyterian Church
1704 Oberlin Road
basement Calvin Bldg

Thursday

Cary

7:30 pm [Courage To Change AFG](#)
Open Triangle Alano Club
177 High House Road

Chapel Hill

6 pm [Serenity at Seven Beginner's Meeting](#)
Closed Evergreen United Methodist Church
11098 HWY 15-501
Chatam County, Sunday School Annex

7 pm [Serenity At Seven AFG](#)
Closed Evergreen United Methodist Church
11098 HWY 15-501
Chatam County, Sunday School Annex

8 pm [Chapel Hill AFG](#)
Closed Binkley Baptist Church
1712 Willow Drive
Enter near Univ Mall

Durham

Noon [RTP Munch Bunch](#)
Closed Cedar Fork Baptist Church
5117 South Miami Blvd
RTP

Oxford

8 pm [Stepping Stones AFG](#)
Closed Alano Club of Oxford
NHA 211 Broad Street

Raleigh

8 pm [12 & 12 AFG](#)
Closed Grace Lutheran Church
5010 Six Forks Road

8 pm [Hope AFG](#)
Closed Holland United Methodist Church
9433 Ten Ten Rd
Looking at front of older end of church, enter first door to
right.

Roxboro

7 pm [Roxboro AFG](#)
Open Long Memorial United Methodist Church
226 North Main Street
Side entrance

Wake Forest

6:30 pm [Keep It Simple AFG](#)
Open Wake Forest United Methodist Church
905 South Main St.
upstairs

Friday

Chapel Hill

7:30 pm [Blue Heaven Adult Children AFG](#)
Closed Chapel of the Cross Episcopal Church
304 E. Franklin St.
Beside Morehead Planetarium

Durham

Noon [Downtown Durham Lunchtime Meeting AFG](#)
Closed First Presbyterian Church
305 E. Main St.
East Parlor
Park in rear; get parking pass from office.

6:30 pm [LGBT Triangle Recovery AFG](#)
Open Eno River Unitarian Universalist Fellowship
4907 Garrett Road
Room #7

Garner

8 pm [Promises AFG](#)
Closed Garner United Methodist Church
201 Methodist Drive
off Vandora Springs Road

Hillsborough

8 pm [Hillsborough AFG](#)
Closed St. Mathews Episcopal Church
210 St. Marys Road
Downstairs

Oxford

8 pm [Oxford AFG](#)
Closed St. Stephen's Episcopal Church
140 College St
Corner of College & McClanahan Streets.

Raleigh

10:30 am [Focus on Serenity AFG](#)
Closed Saint Philip Lutheran Church
7304 Falls of Neuse Road

Noon [TGIF AFG](#)
Closed Church of the Good Shepherd
125 Hillsborough Street
Parking circle front Life Ctr; lot behind church

Wake Forest

8 pm [Listen and Learn AFG](#)
Closed St. Catherine Catholic Church
520 W. Holding Ave

Warrenton

8 pm [Warrenton Al-Anon Family Group](#)
Open Wesley Memorial United Methodist Church
210 N. Main St
Use side entrance.

Saturday

Cary

9:30 am [Courage To Change AFG](#)
Open Triangle Alano Club
177 High House Rd

Chapel Hill

10 am [Saturday Morning Live Beginners](#)
Closed Binkley Baptist Church
1712 Willow Dr.
off 15-501 beside Univ Mall

11 am [Saturday Morning Live AFG Adult Children](#)
Closed Binkley Baptist Church
1712 Willow Dr.
off 15-501 beside Univ Mall

Durham

5 pm [Serenity for Today AFG](#)
Open Durham Alano Club
1106 Hillandale Rd
Parking lot at 2684 Englewood Ave

Raleigh

10:30 am [Free Spirit Al-Anon](#)
Closed St George's Anglican Church
1210 Dixie Trail
Near Wade Ave.

The meetings are non-smoking and handicap accessible. Meetings that are not handicap accessible are noted with "NHA"

CLOSED meetings are limited to members and prospective members, the ONLY requirement for membership is that there be a problem of alcoholism in a relative or friend.

OPEN meetings are for anyone interested in Al-Anon and/or learning about the family disease of alcoholism.

Alateen Meetings

Monday

Graham

8 pm [Together We Can Make It Alateen](#)
Historic Providence Christian Church
819 North Main Street

Raleigh

8 pm [Survivors Alateen](#)
Hudson Memorial Presbyterian Church
4921 Six Forks Road
Room #226 (Ages 13-18)

8 pm [Monday Kids Group](#)
Hudson Memorial Presbyterian Church
4921 Six Forks Road
Room #234 (Ages 8-12)

Thursday

Cary

7:30 pm [Serenity To Accept Alateen](#)
Triangle Alano Club
177 High House Rd

Spanish Speaking Meetings

Monday

Raleigh

6 pm [GRUPO SERENIDAD RALEIGH GFA](#)
St. John's Baptist Church
1615 Oberlin Road

Wednesday

Durham

7 pm [Que Empiece Por Mi](#)
Glendale Heights United Methodist Church
908 Leon Sreet

Thursday

7 pm [Que Empiece Por Mi](#)
Glendale Heights United Methodist Church
908 Leon Sreet

Friday

Raleigh

6 pm [GRUPO SERENIDAD RALEIGH GFA](#)
St. John's Baptist Church
1615 Oberlin Road

Saturday

Durham

3 pm [Que Empiece Por Mi](#)
Glendale Heights United Methodist Church
908 Leon Sreet

AL-ANON / ALATEEN

FAMILY GROUPS

MEETING SCHEDULE

District 6 meetings are held in the following counties: Alamance, Caswell, Chatham, Durham, Franklin, Granville, Orange, Person, Vance, Wake, and Warren.

24-hour Answering Service

Triangle Area (919) 713-1516
Outside Triangle (English) 1-800-243-4035
District-Wide (Spanish) 1-800-251-5738

District 6 Al-Anon/Alateen Web Site
www.alanonalateen6nc.org

Area 42 Al-Anon/Alateen Web Site
www.ncbermudaafg.org

Al-Anon/Alateen World Service Office
1-800-344-2666
www.al-anon.alateen.org

Al-Anon/Alateen Literature Office
9:00 am - 5:00 pm Monday - Thursday (Closed Friday)
3509 Haworth Drive, Suite 107
Raleigh, NC 27609 - 919-787-1653
www.alanon-alateenservicesnc.org

When two or more relatives or friends of alcoholics meet to solve their common problems, they may call themselves an Al-Anon family group, provided that, as a group, they are self-supporting and have no outside affiliation. A directory listing does not endorse any group or its practice of the traditional Al-Anon program. Alateen meetings consist of younger family members assisted by an Al-Anon sponsor.

Created February 4, 2012