

## Sunday

### Burlington

6:30 pm [Burlington AFG](#)  
Closed First Reformed United Church of Christ  
513 W. Front Street  
Church is on the corner of Front & Tarpley St.

### Durham

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

### Fuquay-Varina

7:00 pm [Southern Wake AFG](#)  
Closed First United Methodist Church  
402 North Main St  
enter breezeway door behind sanctuary

### Raleigh

4 pm [Safe-Haven AFG](#)  
Closed Fairmont United Methodist  
NHA 2501 Clark Ave  
7:00 pm [Evening Meditation Group AFG](#)  
Open St. Francis of Assisi Church LaVerna Center  
NHA 11041 Leesville Road

## Monday

### Cary

8 pm [Monday Night Serenity](#)  
Open White Plains United Methodist Church  
313 South East Maynard Road  
Discussion., Step Study 3rd Monday

### Chapel Hill

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

### Durham

6:00 PM [Experience Strength and Hope AFG](#)  
Closed Aldersgate United Methodist Church  
1320 Umstead Road

### Franklinton

6:30 PM [How Important Is It AFG](#)  
Open Franklinton Baptist Church  
102 West Mason Street

### Garner

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

### Graham

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

### Hillsborough

3:30 PM [Moving Forward Live AFG \(Monday\)](#)  
Closed Passmore Senior Center  
103 Meadowlands Drive

### Pittsboro

7:00 PM [Pittsboro Serenity Seekers AFG](#)  
Open Chatham Community Church  
480 Hillsborough Street Suite 800

### Raleigh

11:00 am [Munford AFG](#)  
Open Unity Church of the Triangle  
NHA 5570 Munford Road  
8 pm [Monday Night How It Works](#)  
Open Hudson Memorial Presbyterian Church  
NHA 4921 Six Forks Road  
Enter north side of bldg, Geneva Hall. 2nd Fl, has elevator

## Tuesday

### Apex

7 pm [Easy Does It AFG](#)  
Closed Apex United Methodist Church  
100 S. Hughes Street  
Fellowship Hall  
Fellowship Hall (between Hughes and Olive Streets)

### Burlington

8 pm [Burlington AFG](#)  
Closed First Reformed United Church of Christ  
NHA 513 W. Front Street  
Parlor room on 2nd floor

### Chapel Hill

1 pm [Tuesday Serenity AFG](#)  
Closed Binkley Baptist Church  
1712 Willow Drive  
The Lounge  
7:30 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 Street  
East Parlor  
Park in rear; get parking pass from office.

6:30 pm [Language of 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.

### Holly Springs

12:00 PM [Holly Springs AFG](#)  
Open Holly Springs Methodist Church  
108 Avent Ferry Road

### Knightdale

7 PM [Knightdale AFG](#)  
Open Crosspoint Community Church  
NHA 1001 Steeple Square Ct.

## Wednesday

### Alamance

10 am [We Care AFG](#)  
Closed Alamance Lutheran Church  
4008 Route 62 south

### Burlington

3:00 PM [Hope In The Afternoon AFG](#)  
Open Twin Lakes Retirement Community  
Boland Community Center  
3701 Wade Coble Dr.

### 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 option

### Chapel Hill

Noon [Lunch Bunch AFG](#)  
Open St. Thomas More Catholic Church  
940 Carmichael Street

### Durham

7 pm [United AFG](#)  
Closed Pilgrim United Church of Christ  
3011 Academy Road

### Raleigh

10:30 AM [Westminster Butterflies](#)  
Open Hayes Barton Baptist Church  
1800 Glenwood Avenue

6:30 pm [Circle of Hope](#)  
Closed North Raleigh UMC  
8501 Honeycutt Road

7:00 PM [Spring Forest Road AFG](#)  
Open Camel Club  
4015 Spring Forest Road

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

### Youngsville

12:00 pm [Seekers of Serenity AFG](#)  
Open Wake Forest Alano Club  
NHA 932 Cross Street

## Thursday

### Carrboro

7 PM [Solutions AFG](#)  
Open Carrboro United Methodist Church  
200 Hillsborough Road

### Cary

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

### Durham

Noon [RTP Munch Bunch](#)  
Closed Lowe's Grove Baptist Church  
4430 South Alston Avenue  
RTP

6:30 PM [Just For Today AFG](#)  
Open Durham Alano Club  
NHA 400 Crutchfield Steet Suite A

### Graham

7:00 pm [Learning to Live AFG](#)  
Closed Historic Providence Christian Church  
NHA 819 N. Main Street

### Hillsborough

6:30 PM [Moving Forward Live AFG \(Thursday\)](#)  
Closed Passmore Senior Center  
103 Meadowlands Drive

### 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 Roxboro Presbyterian Church  
319 Lamar St

### Wake Forest

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

## Friday

### Cary

7:00 PM [Courage Strength and Hope](#)  
Open Cary Presbyterian Church  
614 Griffis St.

### Chapel Hill

1:00 pm [Friday TGIF AFG](#)  
Closed Binkley Baptist Church  
1712 Willow Drive  
The Lounge

### Durham

Noon [Downtown Durham Lunchtime Meeting AFG](#)  
Closed First Presbyterian Church  
305 E. Main Street  
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  
Care Building/Rooms 4&5

## 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

Noon [Listen and Learn AFG](#)  
Open Bada Bean Coffee House  
938 Gateway Commons Circle

## 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

8:30 am [Early Bird Meeting AFG](#)  
Closed Binkley Baptist Church  
1712 Willow Dr.  
Off 15-501 beside University Mall.

### Durham

5 pm [Serenity for Today AFG](#)  
Open Durham Alano Club  
400 Crutchfield St Unit A

### 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

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

8:00 pm [Survivors Alateen](#)  
Hudson Memorial Church  
4921 Six Forks Road  
(Ages 13-19)

### Tuesday

#### Burlington

8:00 PM [Burlington AFG-New Alateen Meeting](#)  
First Reform United Church of Christ  
513 W. Front Street  
Alateen for younger family members and friends

### Thursday

#### Wake Forest

6:30 PM [Alateen Wake Forest](#)  
Wake Forest United Methodist Church  
905 South Main St  
Alateen meeting (Alateen is for younger members of Al-Anon) For Friends and families only English sp

## Spanish Speaking Meetings

### Sunday

#### Apex

6:30 pm [Esperanza GFA \(Hope AFG\)](#)  
  
203 E Moore St.

### Monday

#### Clayton

7:00 PM [Razon para Vivir \(Lunes\)](#)  
  
4057 US-70 Business W

### Wednesday

7:00 PM [Razon para Vivir \(Miércoles\)](#)  
  
4057 US 70 Business W.

### Friday

#### Durham

7 PM [Esperanza Para Hoy AFG](#)  
El Centro Hispano  
200 Chapel Hill Rd  
Suite 26A

### Saturday

#### Chapel Hill

10:30 AM [Grupo Serenidad de Al-Anon](#)  
Iglesia Unida de Cristo de Chapel Hill  
1321 Martin Luther King, Jr. Blvd

## 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

(919) 713-1516

District 6 Al-Anon/Alateen Web Site

[www.alanonalateen6nc.org](http://www.alanonalateen6nc.org)

Area 42 Al-Anon/Alateen Web Site

[www.ncbermudaafg.org](http://www.ncbermudaafg.org)

Al-Anon/Alateen World Service Office

1-800-344-2666

[www.al-anon.alateen.org](http://www.al-anon.alateen.org)

Al-Anon/Alateen Service Office

9:00 am - 5:00 pm Monday - Thursday (Closed Friday)

3509 Haworth Drive, Suite 200

Raleigh, NC 27609 - 919-787-1653

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 October 22, 2020