

## 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](#)  
Open 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 Brick House  
206 S. Hughes Street  
Park in rear, off E Moore St.

### 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 17

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 3/21/12 moving to Saint Andrew's Presbyterian  
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

7 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

### Friday

#### Raleigh

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

## 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](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 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](http://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 22, 2012