

Sunday

Burlington

6:30 pm [Burlington AFG](#)
Closed First Reformed United Church of Christ
513 W. Front Street

Chapel Hill

7:30 pm [Orange Sunday Night Adult Child AFG](#)
Closed Chapel of the Cross Episcopal Church
NHA 304 E. Franklin St
Park free at Morehead Planetarium. Meet in library

Durham

8 pm [Step Study Al-Anon Group](#)
Open Duke Memorial Methodist Church
504 W. Chapel Hill St.
Enter Memorial 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 [Craddock Al-Anon ACOA Group](#)
Open Fairmont United Methodist
NHA 2501 Clark Ave
7:00 pm [Evening Meditation Group AFG](#)
Open St Francis of Assisi Catholic Church
NHA 11041 Leesville Road
No meetings on major holidays

Monday

Cary

8 pm [Monday Night Serenity](#)
Open Greenwood Forest Baptist Church
110 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

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

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

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

Pittsboro

7:00 pm [Pittsboro Serenity Seekers AFG](#)
Open St. Bartholemew's Episcopal Church
204 West Salisbury 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 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 on 2nd floor

Chapel Hill

1 pm [Tuesday Serenity 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 Street
East Parlor
Park in rear; get parking pass from office.

6 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.

Raleigh

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

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
3745 Wade Coble Drive

Cary

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
8:00 pm [Fireside Newcomers 123 AFG](#)
Open Friends Meeting House
531 Raleigh Road

Durham

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

Raleigh

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

Circle of Hope

Closed North Raleigh UMC
8501 Honeycutt Road

8 pm

Open [Hayes Barton AFG](#)
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

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 Christ United Methodist Church
101 Market Street

7 pm

Closed [Serenity At Seven AFG](#)
Christ United Methodist Church
101 Market Street

8 pm

Closed [Chapel Hill AFG](#)
Binkley Baptist Church
1712 Willow Drive
Enter near Univ Mall. Meet in the Sunroom.

Durham

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

Graham

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

1:00 pm [Friday TGIF AFG](#)
Closed Binkley Baptist Church
1712 Willow Drive
Room 17

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 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
Room #7

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

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

6:30 pm [Listen and Learn AFG](#)
Open Rex Wellness Center of Wakefield
11200 Galleria Ave
Classroom B

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 [SML Early Bird Meeting](#)
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.

Alateen Meetings

Sunday

Durham

8 pm [Sharing And Caring Alateen](#)
Please contact Melissa E, 704-280-9080
In Durham

Monday

Raleigh

8 pm [Monday Night Kids Alateen](#)
Please contact Connie C, 919-931-4425
In Raleigh
(Ages 8-12)

8:00 pm [Survivors Alateen](#)
Please contact Judy D, 919-771-6113
In Raleigh
(Ages 13-19)

Spanish Speaking Meetings

Wednesday

Durham

7:00 PM [Que Empiece Por Mi GFA](#)
Glendale Heights United Methodist Church
908 Leon Street

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

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 June 24, 2017