

Sunday

Burlington

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

Chapel Hill

7:30 PM [How AI-Anon Works Literature Study AFG](#)
Closed Christ United Methodist Church of Southern Village
NHA 105 Market Street

Durham

8 pm [Step Study AI-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 AI-Anon ACOA Group](#)
Open 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

Zebulon

8:00 PM [Live and Let Live AFG](#)
Open Zebulon United Methodist Church
NHA 121 W. Gannon Avenue

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

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

8 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.

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

Cary

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

Chapel Hill

7 am [Tuesday Morning Early Bird AFG](#)
Closed Binkley Memorial Baptist Church
1712 Willow Drive
1 pm [Tuesday Serenity AFG](#)
Closed Binkley Baptist Church
1712 Willow Drive
Room 17

Chapel Hill/Carrboro AFG

8 pm 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

Closed

[Language of Hope AFG](#)

Mt. Sylvan United Methodist Church
5731 N. Roxboro Road
Room #16

7:30 pm

Closed

[Alexander Ave. AFG](#)

Durham Friends Meeting
404 Alexander Avenue
Adult children focus, but all are welcome.

Raleigh

8 pm [AFG at Westminster](#)
Open 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

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

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

6:30 pm

Closed

[Circle of Hope](#)

North Raleigh UMC
8501 Honeycutt Road

7:00 PM

Open

[Spring Forest Road AFG](#)

Camel Club
4015 Spring Forest 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 [Serenity At Seven AFG](#)
Closed Christ United Methodist Church
101 Market Street
8 pm [Chapel Hill AFG](#)
Closed 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

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 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
Care Building/Rooms 4&5

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

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 [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.

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

Alateen Meetings

Sunday

Durham

8 pm [Sharing And Caring Alateen](#)
Duke Memorial United Methodist Church
504 W Chapel Hill St.

Monday

Raleigh

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)

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.

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

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 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 September 22, 2018