

## 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.

### 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  
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

7:30 PM [Monday Men's Meeting AFG](#)  
Closed Cedar Fork Baptist Church  
NHA 5117 Miami Blvd

### 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 Chatham Community Church  
480 Hillsboro 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

7:30 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  
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](#)  
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

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

6:30 pm  
Closed North Raleigh UMC  
8501 Honeycutt Road

### Hayes Barton AFG

8 pm  
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

### 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

### 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.

## 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](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

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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 21, 2018

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