



**Iowa Al-Anon Family Groups**  
*For relatives and friends of alcoholics*

**Sunday**

- 6:45pm Muscatine Al-Anon  
704 S. Houser St.  
Muscatine (\*open)
- 7:00pm Al-Anon Adult Children  
Trinity Episcopal Church\*\*  
Iowa City (\*open)
- 7:00pm Sunday Night Book Study  
Zion Lutheran Church\*\*\*  
Iowa City (\*open)  
**(Childcare provided)**
- 7:00pm Sunday Night Alateen  
Zion Lutheran Church\*\*\*  
Iowa City

**Monday**

- 12:00pm Monday Noon Al-Anon  
Trinity Episcopal Church\*\*  
Iowa City (\*open)
- 6:15pm Monday Night Women's Meeting  
Trinity Episcopal Church\*\*  
Iowa City (\*closed)  
**(Includes 10-minute meditation)**

**Tuesday**

- 12:00pm Noon Women's Meeting  
Zion Lutheran Church\*\*\*  
Iowa City (\*open)

**District 13 Meeting Directory**  
**Iowa City, Coralville, Muscatine & Columbus Junction**

- 6:45pm Wilton AFG  
Musser Public Library  
Small meeting room  
304 Iowa Ave  
Muscatine (\*open)
- 7:00pm Tuesday Tune-Up Al-Anon  
Our Redeemer Lutheran Church  
2301 E. Court St., 1<sup>st</sup> floor chapel  
Iowa City (\*open)  
**(Newcomer meeting available)**

**Wednesday**

- 6:30pm Wednesday Night Fireside Group  
The Big White House  
1246 12<sup>th</sup> Ave.  
Coralville (\*open)
- 7:30pm Healing Hearts Al-Anon  
Presbyterian Church  
702 2<sup>nd</sup> St.  
Columbus Junction (\*open)

**Thursday**

- 12:00pm Thursday Noon Al-Anon  
Trinity Episcopal Church\*\*  
Iowa City (\*closed)
- 7:30pm Thursday Night Al-Anon  
Our Redeemer Lutheran Church  
2301 E. Court St., 1<sup>st</sup> floor chapel  
Iowa City (\*open)

**Friday**

- 12:00pm Just for Today  
Trinity Episcopal Church\*\*  
Iowa City (\*open)  
**(Fragrance free meeting)**

**Saturday**

- 12:00pm Weekend Winners Al-Anon  
U of Iowa North Hall (Rm. 302)  
Last building on N. Madison St,  
Iowa City (\*open)  
**(Childcare can be arranged)**
- 12:00pm Saturday Noon Women's Group  
Trinity Episcopal Church\*\*  
Iowa City  
**(Childcare provided)**

\*Closed meetings are for all Al-Anon and Alateen members, or anyone who is or has been affected by someone else's drinking.  
\*Open meetings may be attended by anyone interested in Al-Anon or Alateen.

\*\* Trinity: 320 E. College St., 3<sup>rd</sup> floor chapel  
\*\*\* Zion: 310 N Johnson St, downstairs

Call our phone line at **319-499-8344** with questions or for more info. Or visit the Iowa Al-Anon website: [www.iowa-al-anon.org](http://www.iowa-al-anon.org)

For info on other Al-Anon or Alateen meetings in the US and Canada, call our World Service Office at 1-888-4AL-ANON, Mon-Fri, 8am-6pm ET

**Updated August 2017**