



**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)**

**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)
- 6:45pm Wilton AFG  
 Musser Public Library  
 Small meeting room  
 304 Iowa Ave  
 Muscatine (\*open)

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

- 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)

**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 May 2018**

