

<b>MONDAY</b>					
*9:30 AM	<b>Back to Basics</b> Wakonda Christian Church 3938 Fleur Drive, Des Moines Enter on East side of church	*7:00 PM <i>Childcare</i> ** ***	<b>Tuesday Night Step Study</b> Lutheran Church of the Cross SE Entrance of Main Bldg. 1701 8 <sup>th</sup> St, Altoona	** *7:00PM <i>Childcare</i> **, ***	520 NW 36th, Ankeny, Rm 144 <b>Thursday Night Step Study</b> Lutheran Church of the Good Shepherd 3820 SW 9 <sup>th</sup> St, Des Moines
*12:00 PM	<b>Monday Brown Bag</b> Faith Lutheran Church 10395 University Rm 201, Clive 45 minute meeting	7:00 PM	<b>First Steps to Freedom</b> Lucas County Health Center 1200 N 7th Street, Conf Rm A Chariton Enter east side on lower level	7:30 PM	<b>Creston Survivors Group</b> Crosswoods Mental Health Center 1003 Cottonwood, Creston
*5:30 PM	<b>Steps to Serenity</b> Faith Lutheran Church 10395 University Ave, Clive East Entrance, Room 201	7:30 PM	<b>Tuesday Night White House</b> 1400 Penn Ave., Des Moines Speaker Meeting-3 <sup>rd</sup> week of the month	<b>FRIDAY</b> *7:00 PM **	<b>Courage to Change Al-Anon</b> Mercy Franklin Clinic So. Entrance 1750 48 <sup>th</sup> St., Rm 4, Des Moines
*7:00PM	<b>Grinnell Step Study AFG</b> First Presbyterian Church 1025 5 <sup>th</sup> Ave., Grinnell Room off of church entry	8:00 PM	<b>Casey Caring and Sharing AFG</b> United Methodist Church 100 E 2 <sup>nd</sup> St, Casey South side, white doors	*7:00 PM **	<b>Friday Night AFG Friends Literature Study</b> St. Mark's Lutheran Church Disciple Center, 1105 Grand, WDM
*7:00 PM	<b>Ankeny Monday Nite AFG</b> First United Methodist Church Room 314 downstairs 206 SW Walnut, Ankeny	*8:00 PM **	<b>Tuesday Night WDM AFG</b> St. Mark's Lutheran Church Disciple Center, 1105 Grand, WDM	8:00 PM **	<b>Friday Night White House AFG</b> 1400 Penn Ave., Des Moines
		<b>WEDNESDAY</b>			<b>High Hopes-Men's Group</b> 4 <sup>th</sup> floor, Iowa Lutheran Hospital University at Penn, Des Moines
7:00 PM	<b>Keep It Simple Al-Anon</b> 939 Office Park Rd #113, West Des Moines 45 minute meeting	12:00 PM	<b>Wednesday Noon Step Study</b> 939 Office Park Rd #113, West Des Moines 45 minute meeting	8:00 PM <i>Childcare</i> ** ***	<b>Frisky Friday Al-Anon</b> St. Paul's Episcopal Church 815 High St., Des Moines
7:00 PM	<b>Monday Night Parents</b> Iowa Lutheran 1 <sup>st</sup> Fl Conf ,Rm 1 University & Penn Ave Des Moines	7:00 PM	<b>Al-Anon Adult Children</b> Unity Church of Des Moines 414 31 <sup>st</sup> Street, Des Moines	<b>SATURDAY</b> 10:00 AM	<b>Saturday Serenity</b> Lutheran Church of Hope 1335 NW Beaverbrook Dr Grimes IA
7:00 PM	<b>Warren County AFG</b> First United Methodist Church Ashland & B Ave., Indianola	7:00 PM	<b>Wednesday Night Step Study</b> 939 Office Park Rd #113 West Des Moines	8:00 PM **	<b>Saturday Night Step Study</b> Park Ave. Christian Church Fellowship Hall 3301 SW 9 <sup>th</sup> Street, Des Moines
7:00 PM	<b>Redfield Al-Anon Book Study</b> Redfield Public Library 1112 Thomas St, Redfield	7:30 PM **	<b>Dallas Center Al-Anon</b> United Methodist Church 1504 Walnut St., Dallas Center Back entrance – red canopy	*8:00 PM * *	<b>Winterset Al-Anon</b> Winterset Christian Church 103 Green St., Winterset
8:00 PM **	<b>Monday Night Al-Anon</b> Central Presbyterian Church East Parking lot, 2 <sup>nd</sup> floor 39 <sup>th</sup> & Grand, Des Moines	*7:30 PM	<b>Adult Children AFG</b> First United Methodist Church 308 E Robinson, Knoxville	<b>SUNDAY</b> 5:00 PM <i>Childcare</i> **, ***	<b>New Hope AFG (Step Study)</b> Lutheran Church of Hope 925 Jordan Creek Parkway West Des Moines
<b>TUESDAY</b>		<b>THURSDAY</b>			
*9:30 AM <i>Childcare</i>	<b>Tuesday Morning Step Study AFG</b> New Hope United Methodist Church 4525 NW Beaver Ave., Des Moines	10:00 AM	<b>Fresh Start Al-Anon</b> Covenant Church 1025 28 <sup>th</sup> Street, West Des Moines	6:00 PM	<b>Hope</b> St. Stephen's Church 223 E 4 <sup>th</sup> St N, Newton
12 noon	<b>Seasons of Hope</b> Plymouth Congregational Church 4126 Ingersoll Ave., Des Moines South Parking Lot, West door	5:30 PM	<b>Parents and Others</b> Iowa Lutheran room 481 University & Penn Des Moines	7:00 PM **	<b>Kiss Al-Anon</b> Covenant Christian Church 2700 72 <sup>nd</sup> St., Urbandale
		*6:30 PM	<b>Finding Hope and Serenity AFG</b> Lutheran Church of Hope		

