

# AL-ANON Schedule

www.CedarRapidsAreaAl-Anon.org

## SUNDAY Al-Anon

**Serenity Sunday** 3224 - 1st Ave NE - CR  
8:00 pm Fellowship Club  
upstairs, end of hall, chairlift available

## MONDAY Al-Anon

**Morning Boosters** 3224 - 1st Ave NE - CR  
9:00 AM Fellowship Club (AA same time)  
upstairs on left, chairlift available

**Monday West Highlands** 1361 - 7th Ave SW - CR  
8:00 pm - Trinity Lutheran School  
Handicap accessible (AA Same Time)

## District Meeting - District 8 727 Collins Road NE - CR

Business meeting - open to all members  
7:00 pm - The 3rd Monday of the Month  
Eastview Christian Church

## Tuesday Al-Anon

**Need to Feel Better** 857 - 3rd Ave SE - CR  
1:00 pm - Immaculate Conception Church  
Use Rear Entrance off Alley, down 4 steps  
\*\* 1st Tues. each month is an open meeting

**New Attitudes** 3224 - 1st Ave NE - CR  
7:00 pm Fellowship Club (AA same time)  
upstairs, end of hall, chairlift available

### Alateen

**TGIA (Thank God It's Alateen)** 3224 - 1st Ave NE - CR  
7:00 pm Fellowship Club (AA/Al-anon same time)  
upstairs, chairlift available

## Wednesday Al-Anon

**After Work AFG** 212 Edgewood Road NW  
5:30 PM CR Gratitude Club Suite J  
Handicap accessible

**PrairieWoods** 120 Boyson Rd NE - CR  
7:00 pm - Prairiewoods - Hiawatha  
Handicap accessible

## Thursday Al-Anon

**New Creations** 4700 Johnson Ave NW - CR  
9:45 am - St. Marks Methodist Church  
Handicap accessible

## Friday Al-Anon

**Friday Morning** 3224 - 1st Ave NE - CR  
9:00 AM Fellowship Club (AA same time)  
upstairs end of hall, chairlift available

**Friday Night Hope** 2736 Bowling Str SW - CR  
7:00 pm - Hope Lutheran Church (AA same time)  
Handicap accessible

**Marion Friday Night** 8th Ave & 12th St - Marion  
8:00pm - First Presbyterian Church (AA same time)  
Handicap accessible

## Saturday Al-Anon

**Mount Vernon AFG** 304 1st Street West  
8 PM (AA Same Time)\* Chapel Sunday School Room  
Mount Vernon United Methodist Church  
\*Last Sat. each month, open combined meeting with AA

\*\*Open Meetings are open to allow people who are not necessarily families or friends of alcoholics but who are interested in learning about Al-Anon Family Groups

# Al-Anon & Alateen

www.CedarRapidsAreaAl-Anon.org

Cedar Rapids, Marion & Hiawatha Area  
For Local information OR speak with a member

319-365-5955 (24 hours a day)

[www.CedarRapidsAreaAl-Anon.org](http://www.CedarRapidsAreaAl-Anon.org)

Iowa Site: [www.ia.al-anon.org](http://www.ia.al-anon.org)

Alateen Chat Room: <https://chat.alateen.net/>

### Al-Anon World Service Office

1-888-4ALANON Email: [wso@al-anon.org](mailto:wso@al-anon.org)

[www.al-anon.org](http://www.al-anon.org)

Al-Anon members are people, just like you,  
who are worried about someone  
with a drinking problem.

We who live, or have lived, with the problem of alcoholism understand as perhaps few others can.

We, too, were lonely & frustrated, but in Al-Anon we discover that no situation is really hopeless, & that it is possible for us to find contentment, & even happiness, whether the alcoholic is still drinking or not.

The Al-Anon Family Groups are a fellowship of relatives & friends of alcoholics who share their experience, strength & hope in order to solve their common problems.

We believe alcoholism is a family illness & that changed attitudes can aid recovery.

We Didn't cause it,  
We can't control it,  
We can't cure it.



God grant me the serenity to accept the things  
I cannot change, courage to change the things  
I can and the wisdom to know the difference.

[www.CedarRapidsAreaAl-Anon.org](http://www.CedarRapidsAreaAl-Anon.org)