

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/diff room)
upstairs on left, chairlift available

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

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/diff room)
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/diff room)
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 E. Boyson Rd NE - Hiawatha
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/diff room)
upstairs end of hall, chairlift available

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

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

Saturday Al-Anon

Mount Vernon AFG 304 1st Street West
8 PM (AA same time/diff room)* Chapel Sunday School Room
Mount Vernon United Methodist Church
*Last Sat. each month, open combined meeting with AA

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

Iowa Site: 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

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.

**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

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