MONDAY	
9:30 AM	Back to Basics
FF	Wakonda Christian Church
HA	3938 Fleur Drive, Des Moines
	Enter on East side of church
12:00 PM	Monday Brown Bag
FF	Faith Lutheran Church
HA	10395 University Rm 201, Clive
	45 minute meeting
5:30 PM	Steps to Serenity
FF	Faith Lutheran Church
HA	10395 University Ave, Clive
	East Entrance, Room 201
7:00PM	Grinnell Step Study AFG
FF	First Presbyterian Church
HA	1025 5th Ave., Grinnell
	Room off of church entry
7:00 PM	Ankeny Monday Nite AFG
FF	First United Methodist Church
HA	206 SW Walnut, Ankeny
7:00 PM	Keep It Simple Al-Anon
FF	939 Office Park Rd #113,
HA	West Des Moines
7:00 PM	Monday Night Parents
FF	Iowa Lutheran 1st Fl Conf, Rm 1
HA	University & Penn Ave, DSM
7:00 PM	Warren County AFG
FFO	First United Methodist Church
	Ashland & B Ave., Indianola
7:00 PM	Redfield Al-Anon Book Study
FFO HA	American Legion
AA	1116 Thomas St, Redfield
8:00 PM	Monday Night Al-Anon
FF	Central Presbyterian Church
AA	East Parking lot, 2 nd floor
	39th & Grand, Des Moines
TUESDAY	
9:30 AM	Tuesday Morning Step Study AFG
FF CC HA	New Hope Methodist Church 4525 NW Beaver Ave., Des Moines
12:00 PM	Seasons of Hope
	Plymouth Congregational Church
FFO	4126 Ingersoll Ave., DSM
	South Parking Lot, West door
	South Farking Lot, West door
	South Furthing Lot, West door

7:00 PM	Tuesday Night Step Study
FFO HA CC	Lutheran Church of the Cross
T AA	SE Entrance of Main Bldg.
	1701 8 th St, Altoona
7:00 PM	First Steps to Freedom
FFO	Lucas County Health Center
	1200 N 7th Street, Conf Rm A
	Chariton East side-lower level
7:30 PM	Tuesday Night White House
FFO	1400 Penn Ave., Des Moines
	If speaker, see flier on website
8:00 PM	Casey Caring and Sharing AFG
FF HA	United Methodist Church
AA	100 E 2 nd St, Casey
	South side, white doors
8:00 PM	Tuesday Night WDM AFG
FFO HA AA	St. Mark's Lutheran Church
	Disciple Center, 1105 Grand, WDM
WEDNESDAY	We dere alle er Ne ere Géner Génerales
12:00 PM	Wednesday Noon Step Study
FFO HA	939 Office Park Rd #113, WDM
7.00 DN	North entrance 45 minute meeting
7:00 PM	Al-Anon Adult Children
FFO	Unity Church of Des Moines
7.00 DM	414 31 st Street, Des Moines
7:00 PM	Wednesday Night Step Study 939 Office Park Rd #113
FF HA	
7.20 DM	West Des Moines
7:30 PM	Dallas Center Al-Anon United Methodist Church
FFO	
AA	1504 Walnut St., Dallas Center
7.20 DM	Back entrance – red canopy Adult Children AFG
7:30 PM FF HA	First United Methodist Church
гг па	308 E Robinson, Knoxville
THURSDAY	508 E RODINSON, RHOXVIIIE
10:00 AM	Fresh Start Al-Anon
FFO HA	Covenant Church
ITO IIA	1025 28 th Street, West DM
5:30 PM	Parents and Others
FF HA	I archis and Others Iowa Lutheran room 481
	University & Penn, Des Moines
6:30 PM	Finding Hope and Serenity
FF HA	Lutheran Church of Hope
AA	520 NW 36th, Ankeny, Rm 144
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7:00PM	Thursday Night Step Study
HA T AA	Lutheran Church-Good Shepherd
FF CC	3820 SW 9th St, Des Moines
7:30 PM	Creston Survivors Group
FF	Crosswoods Mental Health Ctr
	1003 Cottonwood, Creston
FRIDAY	
7:00 PM	Courage to Change Al-Anon
FF HA AA	Mercy Franklin Clinic So.
	Entrance
	1750 48th St., Rm 4, Des Moines
7:00 PM	Friday Night AFG Friends
FF HA AA	Literature Study
	St. Mark's Lutheran Church
	Disciple Center, 1105 Grand, WDM
8:00 PM	Friday Night White House AFG
FFO AA	1400 Penn Ave., Des Moines
8:00 PM	High Hopes-Men's Group
FF	Iowa Lutheran, 4 th fl Room 486
	University at Penn, Des Moines
8:00 PM	Frisky Friday Al-Anon
FF CC T	St. Paul's Episcopal Church
AA	815 High St., Des Moines
SATURDAY	
10:00 AM	Saturday Serenity
FFO HA	Lutheran Church of Hope
	1335 NW Beaverbrook Dr
0.00 51 5	Grimes *lower level*
8:00 PM	Saturday Night Step Study
FFO HA AA	Park Ave. Christian Church
	Fellowship Hall
	3301 SW 9 th Street, Des Moines
8:00 PM	Winterset Al-Anon
FFO HA	Winterset Christian Church
AA	103 Green St., Winterset
SUNDAY	Norre Horse AFC (Store Store In)
5:00 PM	New Hope AFG (Step Study)
FF HA CC T	Lutheran Church of Hope
AA	925 Jordan Creek Parkway
(.00 DM	West Des Moines
6:00 PM	Hope AFG
FF	St. Stephen's Church 223 E 4 th St N, Newton
7.00 DN4	Kiss Al-Anon
7:00 PM	
FF AA	Covenant Christian Church
	2700 72 nd St., Urbandale

ALATEEN MEETINGS

TUESDAY 7:00 PM

Courage to Be Me Lutheran Church of the Cross 1701 – 8th St Altoona SE Entrance of Main Building

THURSDAY 7:00 PM

Together Group Lutheran Church of the Good Shepherd 3820 SW 9th St Des Moines

FRIDAY 8:00PM

Serenity Kids St. Paul's Episcopal Church 815 High St., Des Moines

SUNDAY 5:00 PM

New Hope Alateen Lutheran Church of Hope 925 Jordan Creek Parkway West Des Moines

Notice: Alateen meetings are closed, Only Alateen members, prospective members and Al-Anon members involved in Alateen Service(AMIAS) may attend.

Meeting Descriptions

FF Family/Friends Only FFO Family, Friends and Observers Welcome

- HA Wheelchair accessible
- CC Childcare available
- T Alateen meeting also
- AA AA meeting also

Names and Phone Numbers





The Suggested Preamble to the Twelve Steps

The Al-Anon Family Groups are a fellowship of relatives and friends of alcoholics who share their experience, strength, and hope, in order to solve their common problems. We believe alcoholism is a family illness and that changed attitudes can aid recovery. Al-Anon is not allied with any sect, denomination, political entity, organization or institution; does not engage in any controversy, neither endorses nor opposes any cause. There are no dues for membership. Al-Anon is selfsupporting through its own voluntary contributions.

Al-Anon has but one purpose: to help families of alcoholics. We do this by practicing the Twelve Steps, by welcoming and giving comfort to families of alcoholics, and giving understanding and encouragement to the alcoholic.

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www.al-anondesmoines.org

24-HOUR CONTACT CALL: 515-277-5059

Traductores en español disponibles.

District 7 Al-Anon Information Service Center 939 Office Park Rd #113, West Des Moines, IA 50265 Office hours Tue.& Thur. 3-7, Sat 10-12



www.iowa-al-anon.org (Iowa) www.al-anon.org (world service) 1-888-4-AL-ANON (1-888-425-2666)