

**Al-Anon Central Service Office & Literature Distribution Centre**

Wed, Thurs, & Fri: 10 am to 330 pm  
 4718 - 1<sup>st</sup> St SW, 2<sup>nd</sup> Floor  
 Calgary, Alberta T2G 0A2  
 Telephone 403-287-3397 Fax: 403-287-0338  
**acso.a@shaw.ca**  
**www.Al-Anonliterature.ab.ca**

**Legend**

@ Meeting accessible to the handicapped  
 \* AA Meeting at the same time  
 + Open Al-Anon Meeting

**Calgary & Area Al-Anon Meetings**

**Saturday Meetings**

**SW @+ Early Risers—930 -11 am**  
 St Peter's Anglican Church  
 75<sup>th</sup> Ave & Elbow Dr SW

**SE \* McKenzie Circle—10 am**  
 McKenzie Towne Church  
 7 McKenzie Towne Gate SE  
 Entrance doors off parking lot

**SE + Key To Sanity – 8:30 pm**  
 Ogden United Church  
 7401 – 23<sup>rd</sup> St. SE Back door, west side

**Sunday Meetings**

**NW + Sunday Evening Group – 730 pm**  
**Introductory Meeting**  
 Wild Rose United Church  
 1317 - 1 St. NW Top of stairs

**Monday Meetings**

**NW +@ Spiritual Awakenings – 130 pm**  
 Hawkwood Baptist Church  
 20 Hawkwood Dr NW, Main door  
 (phone ahead for @)

**NW Hillhurst Finding Serenity – 730pm**  
 Hillhurst United Church  
 1227 Kensington Close NW

**NW + Serenity Plus Adult Children—8p m**  
 Highwood Lutheran Church  
 419 Northmount Dr NW Back door

**NE \* One Day at a Time – 8 pm**  
 Crossroads Community Church  
 912 - 19th St NE, Downstairs, kitchen

**SW @ Chinook Monday Aftns—130 pm**  
 St. Peter's Anglican Church  
 75<sup>th</sup> Ave & Elbow Dr SW, Downstairs

**SW Pal-Anon—8 pm**  
 St Andrew's United Church  
 924 Heritage Dr SW Basement  
**Alateen meeting at the same time.**

**SW @ South Adult Children—8 pm**  
 Woodcliffe United Church  
 5010 Spruce Dr SW Downstairs thru gym

**SE @+ Simply Serenity – 8 pm**  
 Holy Nativity Anglican Church  
 12707 Bonaventure Dr SE

**Cochrane @+ Monday Night Monarchs—730 pm**  
 St Andrews Church  
 128 – 1 St East Downstairs

**Okotoks + Okotoks Al-Anon—8 pm**  
 United Church House  
 43 Riverside Dr (Food bank door)

**SW Teen Freedom to be You & Me—8 pm**  
 St. Andrews United Church  
 924 Heritage Dr SW, downstairs  
**Al-Anon at same time**

**High River Teen @ High River Alateen—4 pm**  
 Fetal Alcohol Society Office  
 309 – 1<sup>st</sup> Street SW  
 (Enter beside The Quill)

**Tuesday Meetings**

**NW @ Bowmont – 730 pm**  
 6422 - 35 Ave NW,  
 (Side door – left of main door)

**NW Calgary Men's AFG 730 pm**  
 Hope Lutheran Church  
 3527 Boulton Road NW

**NE Finding Our Way Adult Children—730 pm**  
 Centennial Presbyterian Church  
 103 Pinetown Place NE,  
 Downstairs

**SW + Tuesday Noon Downtown—noon**  
 Central United Church, back lane  
 131 - 7<sup>th</sup> Ave SW Meeting room 3

**SW @ Tuesday Afternoon—130 - 3 pm**  
 Church of the Good Shepherd  
 408 - 38 St SW  
 Downstairs

**SW @+ Southwest Al-Anon—8 pm**  
 St Peter's Anglican Church  
 75<sup>th</sup> Ave & Elbow Dr SW

**SW @+ Tillicum – 8 pm**  
 St Stephen's Anglican Church  
 1121 – 14<sup>th</sup> Ave SW, basement

**SE @+ Sharing & Caring – 130 pm**  
 Abbeydale Christian Fellowship  
 1352 Abbeydale Dr SE Side entrance

**SE \* McKenzie Circle—8 pm**  
 McKenzie Towne Church  
 7 McKenzie Towne Gate SE  
 Entrance doors off parking lot

**Canmore @+ #1 Bow Valley AFG—7 pm**  
 743 Railway Ave,  
 AADAC Conference Room

**Strathmore Strathmore New Hope—8 pm**  
 St. Michael & All Angels Anglican  
 237 - 1st Street

**Wednesday Meetings**

**NW Northern Hills Trailblazers-730pm**  
 Harvest Hills Alliance Church  
 10099 Harvest Hills Blvd NW  
 (Follow footprints up the stairs)

**NW +\* Steps to Serenity – 8 pm**  
 Thornhill Baptist Church  
 128 Tache Ave NW downstairs

**NE @+ Courage to Change – 730 pm**  
**Introductory Meeting**  
 Peter Loughheed Hospital  
 Room 1148, 3500 – 26 Ave NE  
 1 Block from Rundle LRT Station

**SW + Calgary Parent Recovery—730pm**  
 Heritage Room, 200L  
 200 Haddon Rd SW

**SW Westside Al-Anon—730 pm**  
 West Spring Free Methodist Church  
 742 – 85<sup>th</sup> St. SW

**SE @ Starting with Serenity—730 pm**  
 All Saints Lutheran Church  
 380 Midpark Blvd SE

**SE @+ MacLeod Trail—8 pm**  
 Lutheran Church of Our Savior  
 8831 Fairmount Dr SE

**High River @+ High River Al-Anon—8 pm**  
 Good Shepherd Lutheran Church  
 910 -12 Ave SW

**Cochrane @+ Wednesday Al-Anon—730 pm**  
 St. Peters Lutheran Church  
 Hwy 22 & George Fox Drive

**Thursday Meetings**

**NW @ Inner Peace—8 pm**  
 St. Luke's Roman Catholic Church  
 1566 Northmount Dr NW Room 3

**NE Let it begin with me—7 pm**  
 Centennial Presbyterian Church  
 103 Pinetown Place NE, downstairs  
**Alateen meeting at the same time**

<b>SW @+</b>	<b>Thursday Nooners—noon</b> Central United Church, back lane 131 - 7 <sup>th</sup> Ave SW meeting room 3
<b>SW @+</b>	<b>Hope for Today—8 pm</b> South Calgary Community Church 2900 Cedarbrae Dr SW
<b>SW @</b>	<b>Tri-Anon—8 pm</b> Knox Presbyterian Church 3704 - 37 <sup>th</sup> St SW Back door entrance
<b>SW @</b>	<b>South Elbow Drive – 8 pm</b> Southwood United Church 10690 Elbow Dr SW (Enter through east parking lot doors)
<b>Airdrie +*</b>	<b>Airdrie Open Door—830 pm</b> Airdrie United Church 216 - 1 <sup>st</sup> Ave Secretary's door
<b>Nanton</b>	<b>Nanton Al-Anon—8 pm</b> NQLF Building 1601 – 21 <sup>st</sup> Ave (North entrance)
<b>NE Teen</b>	<b>Every Second Counts Alateen—7 pm</b> Centennial Presbyterian Church 103 Pinetown Place NE <b>Al-Anon at same time</b>
<b>Friday Meetings</b>	
<b>SW +</b>	<b>Richmond Road Al-Anon—8 pm</b> St. Mark & St. Philip Anglican Church 1802 - 33 Ave SW East door entrance
<b>SW *</b>	<b>Lakeview Al-Anon— 830 pm</b> Lakeview United Church 3023 – 63 <sup>rd</sup> Ave SW
<b>Cochrane @+*</b>	<b>Cochrane Friday Night—8 pm</b> 2 <sup>nd</sup> Floor, Provincial Building (Across from McKay's Ice Cream)
<b>Okotoks +</b>	<b>Okotoks Al-Anon—8 pm</b> United Church House 43 Riverside Dr (Food bank door)

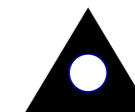
<b>Institutions Meetings</b>	
Meetings held in hospitals primarily for the benefit of family members and friends of hospitalized alcoholics. They are open to any Al-Anon member. Experienced Al-Anon members are encouraged to attend to support family members seeking help and support.	
<b>Monday NW @+</b>	<b>Foothills Hospital -- 8:00 pm</b> Room AGW2, Baker Centre, one floor below the main lobby AA meeting with Al-Anon participation
<b>Tuesday SW @+</b>	<b>Rockyview Hospital—8:00 pm</b> Room 5A–103 Fisher Bldg. AA meeting with Al-Anon participation
<b>Wednesday NE @+</b>	<b>Courage to Change – 730 pm</b> <b>Introductory Meeting</b> Peter Lougheed Hospital Room 1148, 3500 – 26 Ave NE 1 Block from Rundle LRT Station
<b>Thursday NW @+</b>	<b>Foothills Hospital -- 8:00 pm</b> Room AGW2, Baker Centre, one floor below the main lobby AA meeting with Al-Anon participation
<b>Thursday SW @+</b>	<b>Rockyview Hospital—8:00 pm</b> Room 5A–103 Fisher Bldg. AA meeting with Al-Anon participation
<b>Looking for an Al-Anon/Alateen meeting outside the Calgary area?</b> 1-888-425-2666 (Canada) 1-800-344-2666 (USA)	
<b>A.A.? Is it for you?</b> 403-777-1212 (24 hours)	

### Al-Anon—Is it for you?

1. Do you worry about how much someone else drinks?
2. Do you have money problems because of someone else's drinking?
3. Do you tell lies to cover up for someone else's drinking?
4. Do you feel that drinking is more important to your loved one than you are?
5. Do you think that the drinker's behaviour is caused by her or her companions?
6. Are meal times frequently delayed because of the drinkers?
7. Do you make threats, such as "if you don't stop drinking, I'll leave you?"
8. When you kiss the drinker hello, do you secretly try to smell his or her breath?
9. Are you afraid to upset someone for fear it will set off a drinking bout?
10. Have you been hurt or embarrassed by a drinker's behavior?
11. Does it seem as if every holiday is spoiled because of drinking?
12. Have you considered calling the police because of drinking behaviour?
13. Do you find yourself searching for hidden liquor?
14. Do you feel that if the drinker loved you, he or she would stop drinking to please you?
15. Have you refused social invitations out of fear or anxiety?
16. Do you sometimes feel guilty when you think of the lengths you have gone to control the drinker?
17. Do you think that if the drinker stopped drinking, your other problems would be solved?
18. Do you ever threaten to hurt yourself to scare the drinker into saying "I'm sorry", or "I love you"?
19. Do you ever treat people (children, employees, parents, co-workers, etc.) unjustly because you are angry at someone else for drinking too much?
20. Do you feel that there is no one who understands your problems?

If you answered **yes** to some of these questions, Al-Anon or Alateen may help.

# AL-ANON FAMILY GROUPS



## Al-Anon / Alateen Meeting List

### For Friends and Families of Alcoholics

**403-266-5850  
(24 Hours)**

**www.calgaryal-anon.org**

February 2009