

ALATEEN

Alateen is a Twelve Step program for people under 21 years of age whose lives have been affected by someone else's drinking. Alateen groups set their own lower age limit and may include preteens.

WEDNESDAY

El Sobrante 7:00 p.m. #30502688 WH
Skillz 4 Serenity Alateen (ages 7-13)
(classroom next to Al-Anon meeting
(MEETS 2nd and 4th WEDNESDAYS ONLY)
El Sobrante United Methodist Church
5151 Argyle Rd. at Appian Way

Please help start Alateen groups! We are ready to start a new Alateen group immediately, at any suitable time and location, as soon as a core group of children or teens who want a meeting comes together. For more information, or to apply for AMIAS training, e-mail d26alateen@gmail.com.

CODES USED IN THIS DIRECTORY

#	indicates WSO group registration #
A	Al-Anon Adult Children of Alcoholics
AA	Alcoholics Anonymous meets concurrently in same building
AFG	Al-Anon Family Group(s)
Ch	Childcare available
SF	Scent Free
Sp	Spanish Speaking
T	Alateen meets concurrently in same building
WH	Wheelchair access

PHONE MEETINGS ARE AVAILABLE!

Check here for schedule and phone numbers
<http://www.phonemeetings.org/>

CONTACT LIST

A program call between meetings is one of the tools of Al-Anon/Alateen. Write names and numbers of members you may wish to call here.

Our meeting schedule changes frequently. To be sure you have up-to-date meeting information, please check the District 26 web site, <https://district26.ncwsa.org/>

Call (510) 528-4379 to leave a message ...

- to have the current schedule of meetings mailed to you
- to have an Al-Anon member call you
- to volunteer to return phone calls
- to volunteer as an AMIAS (supporting Alateen)

ALTHOUGH WE DO NOT ALWAYS HAVE VOLUNTEERS TO ANSWER OR RETURN YOUR CALL IMMEDIATELY, WE CARE ABOUT YOU. THE QUICKEST WAY TO FIND SOMEONE TO TALK TO IS TO ATTEND A MEETING.

District 26 Business Meeting - all welcome
3rd Saturday of the month
Berkeley 1:00 – 3:00 p.m.
Lutheran Church of the Cross
1744 University Ave, between McGee and Grant

GROUPS! Send any changes to this schedule to:
rxmd26@yahoo.com

or to: District 26 AFG
P. O. Box 8175
Berkeley, CA 94707

Please use the form here:
https://northerncaliforniaal-anon.org/wp-content/uploads/Forms/A16_GrpRcdsChg_20180101.pdf.

Al-Anon Meeting Information

Marin	(415) 455-4723
Oakland - Hayward/Fremont	(510) 276-2270
San Francisco	(415) 626-5633
Central Contra Costa	(925) 932-6770
Tri Valley	(925) 277-7661
Meetings in Spanish	(925) 432-1821
Phone Meetings	(712) 432-8733
	access code 52639# www.phonemeetings.org
Online Groups	http://www.ola-is.org
WSO	http://www.alanon-alateen.org
No.CA WSA	http://www.ncwsa.org

**In the spirit of cooperation rather than affiliation,
how to reach Alcoholics Anonymous:**

AA Oakland Office	(510) 839-8900
AA of Contra Costa	(925) 939-4155
AA of San Francisco	(415) 621-1326

Al-Anon World Service Office (WSO)

To locate a meeting	1-888-425-2666
Other business	1-757-563-1600



**District 26 Al-Anon/Alateen
Information Services**
serving communities in West Contra Costa,
Berkeley and Albany

MEETING DIRECTORY Spring 2019

(as of 3/21/2019)

NOTE: For the most up-to-date meeting information
please check <https://district26.ncwsa.org/>

District 26 AFG
P.O. Box 8175
Berkeley, CA 94707
(510) 528-4379

<https://district26.ncwsa.org/>
rxmd26@yahoo.com

"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."

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SUNDAY

Richmond 8:30 a.m. Sp
Fortaleza y Amor
929 23rd Street (at Lincoln Ave)

El Cerrito 5:30 p.m. #50909 A
Adult Children of Alcoholics
Solano Community Church
7200 Schmidt Lane (driveway is on Schmidt; park in lot;
walk down stairs on west/Bay side)

El Cerrito 7:00 p.m. (Closed*) #61026 WH
Sunday Night Traditional AFG
Christ Lutheran Church
780 Ashbury Ave.

El Cerrito 7:15 p.m. (Open*) #30548227 WH
Step Up! AFG Book Study
Solano Community Church (Fireside Room)
7200 Schmidt Lane (Enter through the walkway from the
parking lot next to the play area and follow the signs.)

MONDAY

Berkeley 10:30 a.m. # 30565560 SF, WH, Ch
Morning Light Women's Meeting, Children welcome
Calvary Presbyterian Church, 1940 Virginia St.
(enter through courtyard on Virginia, then turn right to
Calminster Room)

Berkeley 12 Noon #60204 SF, WH, Ch
Women's Brown Bag Lunch Meeting, Children welcome
Calvary Presbyterian Church, 1940 Virginia St.
(enter through courtyard on Virginia, then turn right to
Calminster Room)

Pinole 5:30-6:30 p.m. #501735
Paths to Recovery Book Study
Pinole Senior Center (conference room)
2500 Charles Avenue (off San Pablo Avenue)

Berkeley 6:00 p.m. #60126 A, WH
Adult Children of Alcoholics
2450 Le Conte
(down stairs into open courtyard, SW corner)
Wheelchair accessible via east parking lot

Berkeley 7:00-8:00 p.m. #30679450 WH (ring bell @ ramp)
We Are Family
LGBTQ friendly, all are welcome
Pacific Center Annex Room D3
2712 Telegraph (@ Derby)

Albany 8:00 - 9:00 p.m. #063266 WH
Albany Men 's AFG -Step & Tradition Meeting
St. Alban's Episcopal Church - Parish Hall Library
1501 Washington Ave. @ Curtis

TUESDAY

Berkeley 12:00 - 1:00 p.m. #30642339
Lunchtime Recovery
Lutheran Church of the Cross
1744 University Ave., Room 210

Berkeley 7:30 & 8:00-9:30 p.m. #645 T
Beginner's Meeting, 7:30 - 7:50 p.m. followed by
Berkeley-Albany Tuesday Night AFG
(Alateens welcome!)
Northbrae Community Church (2nd floor)
941 The Alameda (park in rear)

WEDNESDAY

Kensington 7:00 - 8:00 a.m. #30532010
Wake Up To Al-Anon
Arlington Community Church
52 Arlington Ave., Fireside Room
(Entrance on Arlington Ave, ground level;
on #7 and H bus lines)

Berkeley 12:10 - 1:00 p.m. #50820 Wh
Step Study
FPCB, 2407 Dana at Channing
Inner Courtyard McKinley Hall Rm 202
For Elevator Call 510-715-1142

Albany 7:00 (Closed*)
Help & Hope: Living the Al-Anon Legacies
Church on the Corner, 1319 Solano Ave.

El Sobrante 7:00 p.m. (Closed*) #877 WH, T
Wednesday Roundtable 12x12 Step Study
El Sobrante United Methodist Church
5151 Argyle Rd. at Appian Way

San Pablo 7:30 - 8:30 p.m. #001446 Sp, AA
Grupo Felicidad AFG
MacArthur C'ty Baptist Church, 2301 Rumrill Road

THURSDAY

Albany 9:30 a.m. #63136 SF, WH
St Alban's Episcopal Church - Parish Hall Library
1501 Washington Ave. @ Curtis

Berkeley 1:30 - 2:30 p.m. #721
Midday Strength and Hope
Northbrae Community Church (2nd floor)
941 The Alameda (near Solano) (Parking in rear;
enter by stairs from parking lot.)

Berkeley 7:00 & 7:30 p.m. #49886 WH
Beginner's Meeting 7 - 7:20 p.m. followed by
Old-timers AFG (everyone welcome) 7:30 - 8:30
St. John's Presbyterian Church, Room 212
2727 College Ave @ Garber
Wheelchair access via elevator from basement parking

FRIDAY

Berkeley 10:30-11:30 a.m. #30605072 (Open*) WH
Women's Help and Hope
Calvary Presbyterian Church, 1940 Virginia St.
(enter through courtyard on Virginia, then turn right to
Calminster Room)

Berkeley 12 Noon #60537 SF, WH, Ch
Women's Brown Bag Lunch Meeting, Children welcome
Calvary Presbyterian Church, 1940 Virginia St.
(enter through courtyard on Virginia, then turn right to
Calminster Room)

Berkeley 6:00 - 7:00 p.m. #65796 AA
Friday Night Faith and Fellowship AFG
Step, Tradition and Concept Study
Northbrae Community Church
941 The Alameda (Front entrance, upstairs
Straight ahead - Room. 2)

Albany 7:15-8:45 pm WH (Meets on 3rd Friday ONLY)
3d Friday Speaker Meeting, St. Alban's, 1501 Washington
(upstairs) Please check <https://district26.ncwsa.org/> for
details

Berkeley 7:30-9:00 p.m. #29680
Breath of Fresh Air
Epworth Church, 1953 Hopkins, Adult Study Room

SATURDAY

El Sobrante 10:00 a.m. #50406 A
Al-Anon Adult Children of Alcoholics
El Sobrante Fellowship, 5161 Sobrante Ave., 2nd floor

Berkeley 11:00 a.m. #47941 WH, Ch
Al-Anon Spoken Here: Step/Slogan/Tradition Meeting
All Souls Episcopal Church – Parish Hall
2220 Cedar Street (enter on Spruce)
MEETING MOVES OCCASIONALLY. Please check
<https://district26.ncwsa.org/> for details

Albany 2:00-3:00 p.m. (Open*) #30620024
Saturday Parents AFG – All welcome
St. Alban's Episcopal Church – Parish Hall Library
1501 Washington Ave. @ Curtis

Berkeley 3:30 p.m. #45995 A, WH
Hope for Today, Al-Anon/ACA Family Group
UC Berkeley's Newman Hall - Holy Spirit Parish
2700 Dwight Way, corner of Dwight & College Ave.

El Cerrito 5:00 p.m. #30543314
Al-Anon Slogans
Solano Community Church
7200 Schmidt Lane (enter from rear parking lot)

Richmond 6:30 p.m. – 7:30 p.m. #500852 WH
Freedom from Despair (Newcomers welcome)
Kaiser Hospital, 901 Nevin (at Harbour Way)
Building 2, 3rd Floor, Room 318
Note: Speaker meeting 1st Saturday of each month

**An "Open" meeting may be attended by anyone interested in Al-Anon. "Closed" meetings are for Al-Anon members and those wishing to become members. "The only requirement for membership is that there be a problem of alcoholism in a relative or friend." (Tradition Three)*