

Al-Anon/Alateen

"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."
The Suggested Preamble to the Twelve Steps

Meeting Directory

May-August 2010

District 3 – District Meeting

3rd Wednesday of Odd Months

6:00 pm @ (Saint John's Lutheran Church)

959 Valley Road, Arroyo Grande (room 7)

brown bag your dinner if you wish

Al-Anon Information Service 805-534-9204

CITY	GROUP	TIME	LOCATION	ADDRESS	PHONE
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SUNDAY MEETINGS :

Changes in bold

NEW on the web at:

www.al-anoncentralcoast.org

San Luis Obispo	Beginners Meeting	3-4pm	St. Stephen's Episcopal Church	1344 Nipomo	674-3081 541-1976
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MONDAY MEETINGS :

Arroyo Grande	Just For Today AFG	7:30 -9pm	Methodist Church FriendshipHall Rm113	275 N. Halcyon	481-1330 929-0520
Arroyo Grande	Alateen/PreAlateenAges7+	7:30-8:30pm	MethodistChurchRm211	275 N. Halcyon	489-8432 489-0699
Arroyo Grande	Open Hearts	Noon – 1pm	Grace Bible Chuch	100 Rodeo Dr	481-0665
Atascadero	Keep It Simple	6-7pm	Lutheran Church	El CaminoReal /SanAnselmo	781-9244
Atascadero	Monday Al-Anon	7:30-9pm	Lutheran Church	El CaminoReal /SanAnselmo	466.2346
Cambria	Cambria Connection AFG	5-6pm	Cambria Connection	870 Main Street	924-1401
Cayucos	Monday Morning Lit Study	10-11:30am	Cayucos Community Church	Ocean and 3 rd Sts	924-1832
Lompoc	Serenity AFG	7-8:30pm	St.Mary's Episcopal Church	2800 Harris Grade	736-0613
Morro Bay	Keep It Simple AFG	7-8:30pm	St. Peter's Episcopal Church	545 Shasta	528-8773
San Luis Obispo	Melody AFG	12-1pm	Melody Club (upstairs)	1125 Garden St.	549-8078
Santa Maria	Steps & Traditions	11am-Noon	1600 Club	324 W. Cypress St.	937-8269

TUESDAY MEETINGS :

Atascadero	Tuesday Alateen	6-7pm	North County Connection	8600 Atascadero Ave	438-3447
Orcutt	Serenity Group AFG	7 –8 pm	Oasis Senior Center	420 Soares Ave	925-2722
Paso Robles	How It Works	Noon-1pm	St.James Episcopal Church in the Parish Hall	514 14 th Street	781-9244
Pismo Beach	Step Study	5:30-6:30pm	New Life Com Church of the Nazarene	990 James Way	773-0894

WEDNESDAY MEETINGS :

Arroyo Grande	Into the Solution	7-8pm	South County Alano Club	134 Nelson Avenue	489-8432
Arroyo Grande	WomensWednesdayWillingness	8-9am	St. John's Lutheran Church	959 Valley Rd.	481-6330
Atascadero	12 X 12	12-1pm	North County Connection	8600 Atascadero Ave	227-6831
Paso Robles	The Oaks	7:00-8:30pm	St. James Episcopal Church	514 14 th Street	466-6941
Los Olivos	New Meeting	8-9pm	St Marks	2901 Nojoqui Way	688-4454
San Luis Obispo	Melody Noon AFG	12-1pm	Melody Club (upstairs)	1125 Garden St.	549-8078
Santa Maria	NEW Spanish Speaking Mtg	7:00-8:00pm	1600 Club (room next to school office)	324 W. Cypress St.	878-2897
Santa Maria	Survival to Recovery	7:30-8:30pm	St Mary's Elementary School	424 E. Cypress St.	925-0924
Solvang	Wednesday Winners	5:30-6:30pm	PHP Office (downstairs)	545 North Alisal Rd #201	688-3003

THURSDAY MEETINGS :

Arroyo Grande	AG Men's Stag	7:30-8:30pm	South County Alano Club	134 A Nelson St.	234-0430
Atascadero	Step Study	5:30-6:30pm	Lutheran Church	El Camino Real & San Anselmo	461-3460
Cambria	Cambria AFG	7:15-8:30 pm	Cambria Connection	870 Main Street	924-1832
Lompoc	Lompoc Valley AFG	7:30-9pm	Alano Club	119 North D St.	733-1237
Nipomo	Peace and Serenity	5:30-6:30pm	Nipomo Senior Citizens Center	200 E. Dana St.	929-3462
Pismo Beach	Serenity AFG (women only)	5:30-7pm	Community Presbyterian Church	990 Dolliver	474-8099
San Luis Obispo	Courage to Change	5:30-6:30pm	First Prebyterian Church	Morro and Marsh	541-4445

FRIDAY MEETINGS :

Atascadero	Atascadero Friday Noon	12-1pm	North County Connection	8600 Atascadero Ave.	423-1356
Los Osos	Courage to Change AFG	7-8:30pm	Chase Bank	1045 Los Osos Valley Rd	534-1320
San Luis Obispo	Melody Friday Noon AFG	12-1pm	Melody Club (upstairs)	1125 Garden St	528-5813
Santa Maria	New Al-Anon Meeting	12-1pm	New Santa Maria Library (upstairs)	421 S. McClelland St.	922-0574
Solvang	Easy Does It AFG	10-11am		320 Alisal Rd, Suite 304	688-3917

SATURDAY MEETINGS :

No Saturday	Meetings at this time
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Al-Anon World Service

1-888-4AL-ANON

1-888-425-2666

Official Al-Anon web sites:

www.al-anon.org

www.al-anon.alateen.org

Al-Anon Information Service 805 534-9204

North County Connection 805 462-8600

South SLO County 805 489-0699

Santa Maria 805 925-3782

Santa Ynes Valley 805 688-4304

Spanish Speaking 888 684-6444

Local info: www.al-anoncentralcoast.org

Meeting Directory Updated

Jan. May & Aug.

To make changes

Email: alanon_slo@yahoo.ca