

*Al-Anon and Alateen meetings generally offer members the opportunity to share their experience, strength, and hope on a topic selected by the chairperson or the group. Some meetings may invite guest speakers; others may focus on a specific aspect of the Al-Anon/Alateen program, such as one of the 12 Steps or Al-Anon Conference Approved Literature. The meetings listed below are held every week on the day and time indicated. All Al-Anon meetings are for anyone who has been affected by someone's drinking.*

**SUNDAY**

- NOON **ALBANY** – New to Serenity AFG, Addiction Care Center, 90 McCarty Ave., Education Building - B, C
- 4:00 PM **CLIFTON PARK** – Let It Begin With Me AFG, St. Edward the Confessor Church, 569 Clifton Park Center Rd. - O, ☪
- 6:00 PM **ALBANY** - From Survival To Recovery AFG, Unity Church, 21 King Ave, Corner of Bradford & King (enter on Bradford) - A, O, ☪
- 6:30PM **GLOVERSVILLE** - Free To Be Me-Club 24, 218 Kingsboro Ave. - A, O
- 7:00 PM **NASSAU** - St. Mary's Church Hall, 1st Floor, Rte. 20 – O, ☪
- 7:00 PM **ALBANY** – Sunday Night Parents AFG, Pine Grove Methodist Church, 1580 Central Ave. – O, P, ☪

**MONDAY**

- 10:00 AM **GRANVILLE** – Monday Morning Serenity AFG, United Church, 18 Church St., Meeting held in basement multipurpose room of Church. Enter through side door on left when facing the front of the church. - O, ☪
- NOON **SCHENECTADY** – Sch'dy AFG, Club House, 430 Cedar St. – C
- 6:00 PM **ALBANY** – Courage to Change AFG, Christ Our Light Catholic Church, 1 Maria Dr., Classroom 3, Literature meeting - O, ☪
- 7:00 PM **CATSKILL** – Catskill Monday Night AFG, Wesleyan Church, 3 Bogardus Ave (downstairs) – O
- 7:30 PM **GALWAY** - Galway Methodist Church, Rte. 147, 4 Corners - C
- 7:00 PM **NISKAYUNA** - Niskayuna AFG, Eastern Pkwy United Methodist Church, 943 Palmer Ave., upstairs, (rear Parking Lot) - O

**TUESDAY**

- NOON **COBLESKILL** - Cobleskill AFG, United Methodist Church, 107 Chapel St. - O
- NOON **CATSKILL** - Tuesday Noon Catskill AFG, First Baptist Church, 20 W Main St, West Main St. & Grandview Circle - C
- NOON **AMSTERDAM** - St. Ann's Church, 37 Division St. - C
- NOON **ALBANY** - Reflections on our Legacies AFG, McKownville United Methodist Church, 1565 Western Ave., (on the Crossgates side next to Dunkin Donuts and across from McDonalds); 11<sup>th</sup> Step Meditation Meeting 1<sup>st</sup>/3<sup>rd</sup> wk; Tradition/Concept 2<sup>nd</sup>/4<sup>th</sup> wk; C

**TUESDAY (cont'd)**

- 12:05 PM **ALBANY** – Tuesday Noontime AFG, St. Mary's Roman Catholic Church, 10 Lodge St., Church Hall Basement, enter from rear door on Chapel St. (any unlocked door) – C, S
- 5:30 PM **HUDSON** – Hudson AFG, First Reformed Church, 52 Green St., side entrance past Rest Rooms, go right, room at end of hall. - O
- 7:00 PM **GREENVILLE** - Greenville AFG Tuesday Night AFG, Christ Episcopal Church, 11228 State Route 32, (Meeting House) – O
- 7:00 PM **QUEENSBURY** - United Methodist Church, 460 Aviation Rd. - O, NH (not held on Holidays or school snow days), ☪
- 7:00 PM **ALBANY** – A Power Greater Than Ourselves, Pine Grove Methodist Church, 1580 Central Ave., Women's mtg; Step mtg - O
- 7:30 PM **COXSACKIE** – Traditional Tuesday Al-Anon, St. Mary's Catholic Church, Mansion St. Enter at Side Door. C - **Beginning November 2019**
- 7:30 PM **SARATOGA SPRINGS** - United Methodist, 175 5<sup>th</sup> Ave. C, ☪
- 7:30 PM **TROY** - Third Presbyterian Church - Albia neighborhood, 113 Winter St., Upstairs- O, ☪

**WEDNESDAY**

- NOON **CAIRO** - Cairo AFG, Resurrection Lutheran Church, 186 Main Street, Route 23B and 32 - O, ☪
- 6:00 PM **HALFMOON** - Wednesday Night Keep it Simple AFG, VFW Post 1498, 1605 State Route 9 - O
- 6:00 PM **ALBANY** - Experience Strength And Hope Adult Children AFG, First Congregational Church, 405 Quail St., Third Floor. Small doors to the right of church steps. Ring bell. A, O
- 6:00 PM **WINDHAM** – Maplecrest/Windham Meeting AFG, St. Theresa's Church 5188 State Route 23 (Rm 56) – O, ☪
- 7:00 PM **VALATIE** - Just For Today AFG. - St. Luke's Lutheran Church - 1010 Kinderhook St., Rte. 9 - O, ☪
- 7:30 PM **COPAKE**-Search for Serenity AFG, Copake United Methodist Church House, 1668 Church St. – C, ☪
- 7:30 PM **GREENWICH** - Centenary United Methodist Church, 22 Church St – O
- 7:30 PM **VOORHEESVILLE** - Voorheesville AFG, First United Methodist Church, 68 Maple Ave., Rte. 85A - O

**THURSDAY**

- 10:15 AM **CLIFTON PARK** – Jonesville United Methodist, 963 Main St, Clifton Park - O, ☪
- NOON **ALBANY** – Small Steps AFG, McKownville United Methodist Church, 1565 Western Ave., (on the Crossgates side next to Dunkin Donuts and across from McDonalds) - C, S
- NOON **AMSTERDAM** – St. Anne's Church, 37 Division St. – C
- 7:00 PM **ROTTERDAM** – Serenity Seekers AFG, Trinity Reformed Church (downstairs), 705 Curry Rd. – O
- 7:00 PM **DELMAR** – Bethlehem Steps for Strength, Hope, Healing AFG, Delmar Reformed Church, 386 Delaware Ave. - O

**THURSDAY (cont'd)**

- 7:00 PM **LATHAM/WATERVLIET** – Calvary United Methodist Church, 15 Ridge Pl., Room 204 – C, S4/5
- 7:00 PM **SCHOHARIE** – Schoharie Reformed Church, Heritage House Green Building, 258 Main St. – O, ☪
- 7:30 PM **HUDSON FALLS** - First Presbyterian Church, Parish House, River St. - C, ☪
- 7:30 PM **WYNANTSKILL** - Hopeful AFG, St. Jude's Elementary School, 42 Dana Avenue, room varies - O, ☪

**FRIDAY**

- 8:00 AM **HUDSON** – Hudson AFG, First Reformed Church, 52 Green St., side entrance past Rest Rooms, go right, room at end of hall. - O
- 10:15 AM **GLENS FALLS** - First Baptist Church, 100 Maple St. – Closed on Snow Days and Holidays - C, ☪
- 12:15 PM **SARATOGA SPRINGS** – The 12:15 – 1:15 Lunch Bunch AFG, St. Clement's Church, Lake Ave. – O; NO meeting when St. Clement's school is closed
- 6:30 PM **SCOTIA** - Our Redeemer Lutheran Church, Corner of Glen Ave. & South Reynolds St. - O, ☪
- 7:00 PM **COLONIE** – Friday Night Alive AFG, Community Reformed Church of Colonie, 701 Sand Creek Rd., Corner of Watervliet-Shaker and Sand Creek Rds. – O, ☪
- 7:30 PM **HALFMOON** – Friday Nite Alive AFG, St. Luke's on the Hill, 40 Mc Bride Rd. – O, ☪
- 8:00 PM **EAST GREENBUSH** - Greenbush Reformed Church, Christian Education Bldg., Hayes Rd. & Rtes. 9 and 20 (upstairs) – O
- 8:00 PM **SCHENECTADY** - Ellis Friday Night AFG, Ellis Hospital, 1101 Nott St, B-3 Conference Room, on the 3rd Floor, going left from the B-wing elevators- B, O, ☪
- 8:30 PM **JOHNSTOWN** - Reformed Church, North Perry St. - C

**SATURDAY**

- 10:00 AM **ALBANY** – We Are Not Alone AFG, Bethany Reformed Church, Educ. Bldg Fellow. Ctr. Basement, 760 New Scotland Ave. - A, O
- 11:30 AM **ALBANY** – Missing Links AFG, Trinity United Methodist Church, 235 Lark St, Lark St & Lancaster St, Lark St. entrance - A, B, O
- 4:00 PM **SARATOGA SPRINGS** – Healing Steps AFG, Healing Springs, 125 High Rock Ave., 105A – B, O, ☪
- 7:00 PM **LATHAM** – Meets ONLY on the 2<sup>nd</sup> Saturday of Each Month – AA/Al-Anon Speaker Meeting, Calvary United Methodist Church, 15 Ridge Pl., Mtg 90 minutes long – O, [☪ with advance notice].

**NOTE:**

**PLEASE SEE LAST PAGE FOR EXPLANATION OF MEETING ABBREVIATIONS**

## WELCOME TO AL-ANON AND ALATEEN!

### Beginner's Meetings

You are welcome at all meetings. However, if you are new to the Al-Anon program, we encourage you to attend Beginner's Meetings. These meetings provide an opportunity for you to ask questions and learn how the Al-Anon program can help you. Similar to other Al-Anon meetings, Beginner's Meetings are held every week on the day and time listed. It is recommended that you try six to eight meetings before deciding if the Al-Anon program is for you. It is also recommended that you attend various meetings to find the one at which you are most comfortable. Each meeting has its own unique character and strengths.

The following is a list of area Beginner's Meetings:

NOON	<b>SUNDAY</b>	<b>ALBANY</b> – New to Serenity AFG, Addiction Care Center, 90 McCarty Ave., Education Bldg. - B, C
8:00 PM	<b>FRIDAY</b>	<b>SCHENECTADY</b> - Ellis Friday Night AFG, Ellis Hospital, 1101 Nott St., B-3 Conference Room, on the 3rd Floor, going left from the B-wing elevators- B, O, ☺
4:00 PM	<b>SATURDAY</b>	<b>SARATOGA SPRINGS</b> – Healing Steps AFG, Healing Springs, 125 High Rock Ave., 105A – B, O, ☺

### WHAT IF NOBODY'S HOME?

The members of Al-Anon try hard to make sure that someone is at each meeting to open the door, set up the room, chair the meeting and make newcomers, and old friends alike, feel welcome. However, we aren't perfect. Sometimes attendance drops off at a particular meeting or some unforeseen circumstance prevents people from attending. If you come to a meeting and the door is locked, or no one else is in attendance, please accept our apologies, and **PLEASE LET US KNOW!** Call 518-292-0577 and leave a message with the date, time and location of the meeting and an explanation of the issue, or email this information to the address below:

**Dist8-Schedules@al-anon-8ny.org**

We will get back to you to help you find another meeting.

### Al-Anon Declaration

Let it begin with me.

When anyone, anywhere reaches out for help, let the hand of Al-Anon and Alateen always be there, and let it begin with me.

### MEETING ABBREVIATIONS

- A** Al-Anon for Adult Children of Alcoholics, a mtg for adults who grew up in homes where alcohol caused difficulties.
- B** Beginners group for people new to Al-Anon.
- C** Closed to press/students on course assignments/other observers. Anyone who has a friend/relative with a drinking problem is welcome.
- LGBTQ** Lesbian/Gay/Bisexual/Transgender/Queer mtg
- M** Men's mtg
- Mtg** Meeting
- NH** Mtg not held on holidays – building is closed.
- O** Mtg is open to anyone.
- P** Parents mtg
- S** Step mtg, where the topic focuses on 1 or more of the 12 Steps. (Number after "S" shows what week of month is step mtg.)
- T** Alateen mtg for teens who are friends/relatives of alcoholics
- ☺** Handicapped Accessible

### Phone Numbers of Al-Anon Friends

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**TO REVISE THIS SCHEDULE, PLEASE EMAIL:**  
**Dist8-Schedules@al-anon-8ny.org**

## AL-ANON and ALATEEN FAMILY GROUP MEETINGS

Districts 7, 8, 22, & 24  
Listed by day and time

You don't have to drink to suffer from alcoholism. Al-Anon is for friends and relatives of alcoholics.

**Revised 10-18-2019**

### Contact Numbers

In the Capital District..... 518-292-0577  
 In Saratoga, Washington and Warren Counties ....  
 518-744-9231  
 Cap. Dist. Alateen Info: ...alateen@al-anon-8ny.org  
 Throughout the U.S..... 1-888-4AL-ANON  
 In Canada ..... 1-800-443-4525

### Websites

In the Capital District.....www.al-anon-8ny.org  
 In the New York North Area ..... [www.nynafg.com](http://www.nynafg.com)  
 Throughout the U.S..... www.al-anon.alateen.org

### Capital District AFG

Information: [info@al-anon-8ny.org](mailto:info@al-anon-8ny.org)

[dr@al-anon-8ny.org](mailto:dr@al-anon-8ny.org)

To order literature: [ldc@al-anon-8ny.org](mailto:ldc@al-anon-8ny.org)

### IMPORTANT SCHEDULE INFORMATION!

If possible, please go to our Capital District website to obtain the most current Al-Anon schedule information:

**www.al-anon-8ny.org**

Meeting information may change, and this printed schedule may not have the most current information for our four local Al-Anon Districts. A version of the most current schedule can be downloaded and printed from the website.