

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
Sept 2011-January 2012
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

www.al-anoncentralcoast.org

San Luis Obispo	Beginners and Beyond	3-4pm	St. Stephen's Episcopal Church	1344 Nipomo	748-3655
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MONDAY MEETINGS :

Arroyo Grande	Just For Today AFG	7:30 -9pm	Methodist Church Friendship Hall Rm113	275 N. Halcyon	481-1330	929-0520
Arroyo Grande	Alateen/PreAlateenAges7+	7:30-8:30pm	Methodist Church Rm211	275 N. Halcyon		471-0548
Arroyo Grande	Open Hearts	Noon – 1pm	Grace Bible Church	100 Rodeo Dr		235-0232
Atascadero	Keep It Simple	6-7pm	Lutheran Church	El Camino Real /San Anselmo		781-9244
Atascadero	Monday Al-Anon	7:30-9pm	Lutheran Church	El Camino Real /San Anselmo		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.		
Solvang	Monday Noon Step Study	Noon-1pm	Alano Club	320 Alisal Rd.#304		886-6975 686-944

TUESDAY MEETINGS :

Atascadero	Tuesday Alateen	6-7pm	North County Connection	8600 Atascadero Ave		438-3447
Orcutt	Serenity Group AFG	6:30-7:30 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
Santa Maria	Spanish Speaking Mtg	7:00-8:00pm	1600 Club (room next to school office)	324 W. Cypress St.		878-2897

WEDNESDAY MEETINGS :

Arroyo Grande	Into the Solution	7-8pm	South County Alano Club	134 Nelson Avenue		489-2470
Arroyo Grande	Womens Wednesday Willingness	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
Cambria	Men's Study Group	5:30-6:30 pm	Cambria Connection	870 Main Street		441-5888
Paso Robles	The Oaks	7:00-8:30pm	St. James Episcopal Church	514 14 th Street		239-1224
Los Olivos	New Meeting	8-9pm	St Marks Episcopal Church	2901 Nojoqui Way		688-4454
San Luis Obispo	Melody Noon AFG	12-1pm	Melody Club (upstairs)	1125 Garden St.		549-8078
Santa Maria	Survival to Recovery	7:30-8:30pm	BETHEL LUTHERAN CHURCH	624 E. Camino Colegio		925-2722
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 Presbyterian Church	Morro and Marsh		541-4445

FRIDAY MEETINGS :

Los Osos	Courage to Change AFG	7-8:30pm	Trinity Methodist Church	490 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	Noon Al-Anon Meeting	12-1pm	1600 Club	324 West Cypress		928-3970
Solvang	Easy Does It AFG	10-11am		320 Alisal Rd, Suite 304		688-3917

SATURDAY MEETINGS :

San Luis Obispo	LOV SLO	8:30-9:30am	11245 Los Osos Valley Rd (Choir/Conference rm faces golf course)			
Cambria	Saturday Serenity	10-11 am	St. Paul's Episcopal Church (Lower Level Library-last door off parking lot)	2700 Eton	907)	738-5723

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 Ynez 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