

## COVELO

### **Wednesday 5:00 pm**

Presbyterian Church, 76260 Commercial  
Contacts: Bev 707-983-6041 or  
Dolores 707-983-6397

## FORT BRAGG

### **Monday 12:00 noon**

Episcopal Church, Fir & Franklin  
Contact: Liza 707-962-9234

### **Wednesday 6:00 pm**

Catholic Church Elementary School, Rm 2  
255 South Harold  
(Entrance is through the gate on Maple St)  
Contact: Vince: 707-964-3910

## GUALALA

### **Monday 7:00 pm**

Gualala AFG  
Action Network  
39144 Ocean Drive, Suite 4  
Contact: De 707-292-6905

## LAKEPORT

### **Tuesday 12:00 noon**

United Christian Parish  
745 Brush St. (corner of 8th)  
Contact: Helen 707-262-1721

### **Thursday 7:00 pm**

NCO Office  
850 Lakeport Blvd.  
Contact: Caroline 707-263-8623  
Ruby 805-218-1763

## LAYTONVILLE

### **Wednesday 7:00 pm**

375 Harwood Rd  
(Long Valley Garden Club)  
Contact: Fran 707-354-3122

## LOWER LAKE

### **Tuesday 7:00 pm**

Methodist Church, 16255 2<sup>nd</sup> St  
Contact: Tonie 707-994-0637

## MENDOCINO

### **Wednesday 6:30 pm**

### **Friday 11:00 am (Step Study)**

### **Sunday 7:00 pm (Parents)**

Mendocino Recreational Center  
998 School St  
Contact: Alison 707-937-0422

## MIDDLETOWN

### **Monday 6:00 pm**

Peace of Mind AFG  
Reunion Resource Center  
21307 Calistoga Street  
Contact: Jill 707-547-7084

## UKIAH

### *Ukiah Intergroup*

### **Monday 1:00 pm**

### **Tuesday 12:00 noon**

### **Friday 12:00 noon**

### **Saturday 10:30 am**

Calvary Baptist Church, 465 Luce  
Contact: Marian 707-463-1867

### **Tuesday 4:00 pm**

Sol de Esperanza  
ARC Centro de Informacion de Familia  
1640 Sur Calle Estado  
Contact: Lydia V. 707-671-6754

### **Wednesday 5:30 pm**

Ukiah Alateen  
The Arbor  
810 N. State Street  
Contact: Wendy J. 707-272-9017

## WILLITS

### **Saturday 10:00 am**

St. Francis Episcopal Church  
66 E. Commercial  
Contact Pat 707-459-3594

### **Thursday 5:00 pm**

Baechtel Creek Village  
Community Center  
60 Alder Court  
Contact: Carol O. 707-972-6333

### **District Representative**

Carolyn L. 707-813-1349  
[carolynlurie@gmail.com](mailto:carolynlurie@gmail.com)

### **WORLD SERVICE**

1 888 4 AL-ANON  
[www.al-anon.alateen.org](http://www.al-anon.alateen.org)

### **NORTHERN CALIFORNIA WORLD SERVICE AREA (NCWSA)**

[www.ncwsa.org](http://www.ncwsa.org)

*updated 04/13/2015*

### **SUGGESTED PREAMBLE TO**

### **THE TWELVE STEPS**

*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.*

*Al-Anon is not allied with any sect, denomination, political entity, organization, or institution; does not engage in any controversy; neither endorses nor opposes any cause. There are no dues for membership. Al-Anon is self supporting through its own voluntary contributions.*

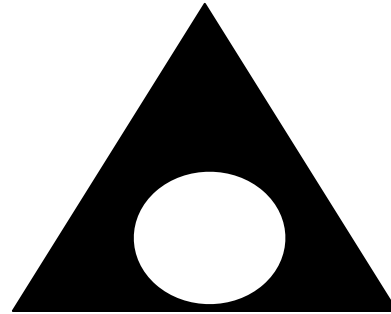
*Al-Anon has but one purpose: to help families of alcoholics. We do this by practicing the Twelve Steps ourselves, by welcoming and giving comfort to families of alcoholics, and by giving understanding and encouragement to the alcoholic.\**

\*From the Al-Anon/Alateen Service Manual page 53, copyright 1992, Al-Anon Family Groups

Lake & Mendocino Counties  
**(District 2)**

**Meeting List**

Al-Anon  
&  
Alateen



SUPPORT FOR FAMILIES &  
FRIENDS OF ALCOHOLICS

### **AL-ANON IS A:**

*Fellowship* of relatives and friends of alcoholics who believe their lives have been affected by someone else's drinking.

*Self-help* recovery program based on the Twelve Steps of Alcoholics Anonymous (AA).

*Nonprofessional* fellowship where members share their experience, strength and hope to solve their common problems.

*Anonymous* program with the identity of all Al-Anon and AA members protected.

*Spiritual Program* that is compatible with all religious beliefs or none.

*Single Purpose* program designed to help families and friends of alcoholics, whether the alcoholic is still drinking or not.

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***Like the Al-Anon program, this list is free of charge***