

SUNDAY

- wb HEALDSBURG - 9:00 a.m., Seventh Day Adventist Church, 429 Terrace Blvd. - Chips last Sunday. (75 min)
- o NAPA - 1:00 - 2:00 p.m., Crosswalk Community Church, 2590 First St., Heritage Rm. - Step Study
- wb PETALUMA - 7:00 - 8:15 p.m., Sonoma County Alamo Club, 1050 Petaluma Blvd. N. Chips last week each month.
- ow SANTA ROSA - 11:00 - 12:30 p.m., 11th Step Meditation, Doyle Park Clubhouse, 1700 Hoen Ave (fragrance free). *Park entrance off Sonoma Ave. On Hoen Ave. near horseshoe pit and ball diamond.

MONDAY

- EN ESPAÑOL - NAPA - Volver a Empezar. 7:00 p.m. Von Brandt Neighborhood Center, 1042 Von Brandt Court (abajo del Puente de Old Sonoma Road). Llame (707) 738-0249.
- * PETALUMA - 6:00 p.m - 7:00 pm., Step Study, Elim Lutheran Church, 504 Baker St. **Starting January 8, 2018.**
- EN ESPAÑOL - ROHNERT PARK - 6:30-8:00 p.m., 480 City Center Dr.
- wbc SANTA ROSA - 9:30 a.m., Women's Group, Faith Lutheran Church, 4930 Newanga Ave, off Hoen Ave. (90 min) ---Fragrance-Free. 5th Monday Open Meeting, 1st week chips
- hwb SANTA ROSA - 7:00 - 8:15 p.m., Newcomers and Oldtimers Alike, Senior Center, 704 Bennett Valley Road,- Chips last week each month
- * SANTA ROSA - 7:30-8:45 p.m., Al-Anon Parent Group. Faith Lutheran Church, 4930 Newanga Ave. off Hoen Ave., Open Meeting
- * SEBASTOPOL - 8:00 a.m. - 9:00 a.m., Step Study, Sebastopol Community Church, Fireside Room, Office Entrance, 1000 Gravenstein Hwy, North
- wb SONOMA - 7:00-8:00 p.m., The First Baptist Church, 542 First Street East, - Chips 2nd week each month
- EN ESPAÑOL - ST. HELENA - 7:00 - 8:45 p.m., "Nueva Vida GFA", adult child, First Presbyterian Church, 1428 Spring St.

TUESDAY

- EN ESPAÑOL - AMERICAN CANYON - 7:30-9:00 p.m., "Abramos Nuestros Corazones," Open Door Christian Church, Hwy. 29 near American Canyon Rd., 3353 Broadway
- ow CALISTOGA - 6:30-7:30 p.m., Duffy's, Rec Rm., 3076 Myrtle Dale Rd.
- *o COTATI - 9:30-10:30 a.m., Cotati/Rohnert Park Group, Church of the Oaks, 175 Page St., Corner of West Sierra
- w NAPA - 9:30-11:00 a.m., "Discovery and Hope," Creekside Community Church, 1050 Hagen Road
- ow NAPA - 6:00-6:45 p.m., Beginner's Mtg., Crosswalk Community Church, 2590 First St., (enter through front door), Fireside Rm.
- w NAPA - 7:00-8:00 p.m., "Cottage Al-Anon," Crosswalk Community Church, 2590 First St. (enter through front door). 3rd Tues: Birthday Meeting; 4th Tues: Step Study
- *ow PETALUMA - 6:30-7:30 p.m., "Keep it Simple", Petaluma Senior Center, 211 Novak Dr., off Madison next to Lucchessi Park
- * SANTA ROSA - 6:30 - 7:30 p.m., Serenity Circle AFG, Santa Rosa Star of the Valley Catholic Church, 495 White Oak Dr. (speaker meeting, in the Parish Center, ADA accessible)
- ob SANTA ROSA - 7:15-8:30 p.m., Tuesday Night Hopper Avenue, 1160 Hopper Avenue, Christian Family Fellowship, Multi-Purpose Rm., Newcomers welcome. Chips last Tuesday. (75 min)
- w SEBASTOPOL - 4:00 p.m., Sebastopol Community Church, Fellowship Hall, 1000 Gravenstein Hwy., North (75 min)

SONOMA - 4:00-5:00 p.m., Sonoma Valley Step Study, Trinity Episcopal Church, 275 East Spain Street

EN ESPAÑOL - SONOMA - 7:00-9:00 p.m., Valor Para Cambiar, Nuestra Voz, 200 Fuente Lane

WINDSOR - 7:00 p.m., Windsor Presbyterian Church, behind the Church in Shepherd's Rm., 251 Windsor River Rd. (60 min)

WEDNESDAY

- *w HEALDSBURG - 12:30 p.m., One Day At A Time, Healdsburg Community Church, 1100 University St.- Fragrance Free
- *b KENWOOD - 7:30 p.m., St. Patrick's Church, 9000 Sonoma Hwy.- Chips 1st week each month
- wo NAPA - 12:30 -1:30 p.m., The Lunch Bunch - Focusing on Ourselves, Crosswalk Community Church, The Heritage Rm., 2590 First St.
- * EN ESPAÑOL - NAPA - 7:00-9:00 p.m., Solo Por Hoy, Wolfe Center, 2310 First St.
- *cwb PETALUMA - 7:00-8:15 p.m., Wednesday Night Recovery, Seventh Day Adventist Church, 2695 Petaluma Blvd. North, 4th week chips
- *o EN ESPAÑOL - SANTA ROSA - 7:00-8:30 p.m., 1702 Corby Ave..
- SANTA ROSA - 1:00-2:15 p.m., Sequoia Gardens Mobile Home Park, 433 Fulton, South of College; Enter Driveway and proceed to the left. In the small clubhouse in back on left - Step Study
- w SANTA ROSA-Women's Group 7:00-8:15 p.m., Unitarian Church, 547 Mendocino Ave.
- *w SEBASTOPOL -10:00 - 11:15 a.m., Courage to Change, Sebastopol Community Church, Media Room, 1000 Gravenstein Hwy. North.
- *b ST. HELENA - 7:00 - 8:30 p.m., First Presbyterian Church, 1428 Spring St. (90 min) - Chips last week ea. month.

THURSDAY

- * NAPA - 1:30-2:30 p.m., Finding Hope, Queen of the Valley Hospital-Synergy Wellness Center, 2nd Floor, Conference Room 1, 3421 Villa Lane
- PETALUMA - 6:00-7:00 p.m., 11th Step Meeting, Church of Christ, 370 Sonoma Mountain Parkway, enter on Castle Dr., back of Church parking lot
- w SANTA ROSA - 12:30 p.m., Methodist Church, 1551 Montgomery Drive (75 min)
- *ow SANTA ROSA - 7:30 p.m.- 8:30 p.m., New Beginnings, Restyle Marketplace, 1001 West College Ave., Open
- b SANTA ROSA - 7:00 p.m., Men's AL-Anon group. Senior Center, 704 Bennett Valley Rd. Rm. 18, Park on Rutledge Ave. - Chips last Thursday
- wb SEBASTOPOL - 4:00 p.m., ST. Stephen's Episcopal Church, 500 Robinson Road (75 min) - Chips 4th week each month.
- EN ESPAÑOL - ST. HELENA - 7:00 - 8:45 p.m., "Nueva Vida GFA", adult child, First Presbyterian Church, 1428 Spring St.

FRIDAY

- cw EN ESPAÑOL - NAPA - 7:00-9:00 p.m., Queen of the Valley, Synergy Medical Fitness Center, 3421 Villa Lane, 2nd floor, Conference Rm. #2 Hijos de Adultos. Para informacion llame 707 337-0197. Cuidado de ninos

NAPA - 7:00-8:00 p.m., Crosswalk Community Church, Heritage Room, 2590 First Street, 3rd Friday Step Study.

wcb PETALUMA - 10:00-11:30 a.m., Petaluma United Church of Christ, 825 Middlefield Dr., on hill behind Veteran's Hall.

how SANTA ROSA - 7:00-8:15 p.m. Senior Center - Rm. 18 A/B, 704 Bennett Valley Road

- o* EN ESPAÑOL - SANTA ROSA - 7:00-8:30 p.m., 1702 Corby Ave.
- * SEBASTOPOL - 9:00-10:00 a.m., Sebastopol Community Church, Media Room, 1000 Gravenstein Hwy. N
- w SONOMA - 7:00 p.m., United Methodist Church, 109 Patten Street, AA Participation on 5th Friday

SATURDAY

- *bw GUERNEVILLE - 10:00 a.m. - 11:15 a.m., Senior Center (Armstrong Woods Rd./ Watson). Chips first week each month
- * EN ESPAÑOL - NAPA - 9:00 - 11:00 a.m., "Valor Para Cambia", Silverado Creek Apts., Community Room, 3550 Villa Lane
- ow NAPA - 9:30-11:00 a.m., St. Appollinaris Church, 3700 Lassent St., meeting room near the back school parking lot next to the gym. 1st Saturday: Step Study. 3rd Saturday: Birthday Meeting.
- b ROHNERT PARK - 11:00 a.m.-12:30 p.m., Awareness Group, Rohnert Park Senior Center, 6800 Hunter Dr. Suite A, Chips 4th week each month
- *cow SANTA ROSA - 9:30 a.m.-10:30 a.m., Saturday Surrender, St. Luke Lutheran Church, 905 Mendocino Ave., North/South Rooms, enter parking from Denton Way, childcare provided
- wb SANTA ROSA - 6:00-7:30 p.m., Al-Anon Adult Children, Faith Lutheran Church, 4930 Newanga Ave., Chips 2nd week each month.
- SONOMA - 10:30-11:45 a.m., St. Andrews Presbyterian Church, 16290 Arnold Dr., Rm. 106

ALATEEN Meetings AGES 12-20

MONDAY

- *hwb SANTA ROSA - 7:00 p.m. - 8:15 p.m., Senior Center, 704 Bennett Valley Road

TUESDAY

- * PETALUMA HIGH SCHOOL - See Counselor, 201 Fair Street
- RIDGEWAY HIGH SCHOOL - See Counselor
- SANTA ROSA HIGH SCHOOL - See Counselor
- EN ESPAÑOL - SONOMA - 7-9 p.m. Nueva Oportunidad, Nuestra Voz, 200 Fuente Lane

WEDNESDAY

THURSDAY

- * NAPA - 7:00-8:00 p.m., Wolfe Center, 2310 First St., (at Monroe), meets Upstairs (enter through parking lot door).
- SANTA ROSA - Slater Middle School - See Secretary

FRIDAY

SONOMA - 7:00 p.m., Sonoma Valley Alateen, United Methodist Church, Education Rm., 109 Patten St.

Please Note: ALATEEN meetings held at school sites Will not take place during school holidays.

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|-----|---------------------------------------|-----|----------------------------|
| b = | Birthday Chip Meeting | c = | Child Care Available |
| * = | New Meeting / Time or Location Change | o = | Open Meeting |
| w = | Wheelchair Accessible | h = | Closed Most Major Holidays |

A.F.G. DISTRICT 5

POST OFFICE BOX 2412, SANTA ROSA, CA 95405

The Sonoma/Napa Counties District 5 Business Meeting

Held 1st Tuesday – monthly

Bethlehem Lutheran Church, 1300 St. Francis Rd.,
Santa Rosa at 7:00 p.m.

The District 5 Alateen Sponsorship Meeting

Held 1st Tuesday – monthly

Bethlehem Lutheran Church, 1300 St. Francis Rd.,
Santa Rosa at 6:00 p.m.

For Meeting Changes and Corrections: meetingchanges@sonapalananon.com

Schedule Coordinator

Juliane
meetingschedules@sonapalananon.com

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Pattie
websupport@sonapalananon.com

Support Line Coordinator

Jayne (707) 575-6760

District Representative

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Alternate District Representative

Open

District Treasurer

Glenna
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Alateen Coordinator

Open

Alateen Process Person

Shireen
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Alateen Outreach Coordinator

Open

Literature Coordinator

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Media Librarian Coordinator

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Newsletter Coordinator

Shane
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Diversity Coordinator

Open

Institutions Coordinator

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PI/CPC (Public Information)

Nancy
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Bylaws & Insurance Coordinator

Barbara G.
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Archives Coordinator

Lauren

AL-ANON

Family Groups

Sonoma/Napa Counties

DISTRICT 5 MEETING SCHEDULE

Learning to Live One Day at a Time

The Message of the AL-ANON Family Groups is one of hope. It is the story of men and women who once felt helpless, lost and lonely because of the alcoholism of a loved one. Today, these men and women have courage and confidence. They have learned about the simple things they can do to help themselves and which indirectly can help their alcoholic relatives, whether sober or not.

Teenage groups, known as ALATEEN, are a vital part of the AL-ANON Family Groups. Young people seeking help with problems that arise when alcoholism affects a parent or other close relative or friend, meet to exchange experiences and to gain an understanding of the alcoholic. This helps them to keep their own lives and personal development from being affected too deeply by close association with an alcoholic.

Aprendiendo a vivir un dia a la vez

El mensaje de los grupos de Familia AL-ANON es un mensaje de esperanza. Es la historia de hombres y mujeres que alguna vez se sintieron sin ninguna esperanza, perdidos y solos debido al alcoholismo de un ser querido. Hoy, esos hombres y mujeres tienen valor y confianza. Ellos han aprendido las cosas sencillas que pueden hacer para ayudarse a si mismos e indirectamente ayudar a su familiar alcohólico, ya sea que el o ella haya dejado de beber o continúe bebiendo.

Los grupos de adolescents, conocidos como ALATEEN, son una parte vital de los Grupos de Familia AL-ANON. Son jóvenes que buscan ayuda para aprender a lidiar con los problemas que resultan, cuando alguno de los padres, algún otro familiar o amigo padece de alcoholismo, se reúnen para compartir experiencias y para lograr entender al alcohólico. Asistir a las reuniones de los Grupos ALATEEN, les ayuda a que sus vidas y su desarrollo personal, no se vean afectados en forma demasiado profunda por la convivencia tan cercana con el alcohólico.

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~24-HOUR SUPPORT LINE~

SONOMA COUNTY
(707) 575-6760

NAPA COUNTY
(707) 258-3690

AA Liaison - Georgia and Trina
aaliaison@sonapalananon.com

In the spirit of cooperation rather than affiliation,
The following information numbers are listed:

A.A. HOTLINE NUMBERS

Santa Rosa.....544-1300
Sonoma.....938-8508
Napa.....255-4900
Up Valley.....963-4673
Long Distance Only.....800-224-1300
Spanish Speaking.....623-6702

AL-ANON / ALATEEN
24-HOUR INFORMATION LINES
Sonoma County (707) 575-6760
Napa County (707) 258-3690
US & Canada 1-800-344-2666
M-F, 8 a.m.- 6 p.m. EST

WEBSITES

Sonoma & Napa Counties Northern California Area
www.sonapalananon.com www.ncwsa.org

World
www.al-anon.org

*Please notify Schedule Coordinator, Website Coordinator, Support Line Coordinator and Voicemail Coordinator of any changes needed in this schedule.

*Por favor notifique a Schedule Coordinator, Website Coordinator, Support Line Coordinator and Voicemail Coordinator cualquier cambio necesario en este horario.