

## 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., 11<sup>th</sup> Step Meditation, Doyle Park Clubhouse, 1700 Hoen Ave (fragrance free). \*Park entrance off Sonoma Ave. On Hoen Ave. near horseshoe pit and ball diamond.
- \* SANTA ROSA - 7:00 - 8:00 p.m., Sunday Night 12 Step Book Study AFG, Santa Rosa Seventh Day Adventist Church, 840 Sonoma Avenue, 1st turn after church, in back, 1st floor

## 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., the meeting is downstairs, please come in through the back doors where parking lot is.
- 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. 5<sup>th</sup> 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 2<sup>nd</sup> 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). 3<sup>rd</sup> Tues: Birthday Meeting; 4<sup>th</sup> 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 1<sup>st</sup> 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., 11<sup>th</sup> 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 4<sup>th</sup> 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, 2<sup>nd</sup> 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, 3<sup>rd</sup> 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 5<sup>th</sup> 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. 1<sup>st</sup> Saturday: Step Study. 3<sup>rd</sup> 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 4<sup>th</sup> 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 2<sup>nd</sup> 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.

- |     |                                       |     |                            |
|-----|---------------------------------------|-----|----------------------------|
| 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 1<sup>st</sup> Tuesday – monthly

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

### The District 5 Alateen Sponsorship Meeting

Held 1<sup>st</sup> 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

#### Website Coordinator

Pattie  
websupport@sonapalananon.com

#### Support Line Coordinator

Jayne (707) 575-6760

#### District Representative

Jaya  
districtrep@sonapalananon.com

#### Alternate District Representative

Open

#### District Treasurer

Glenna  
treasurer@sonapalananon.com

#### Alateen Coordinator

Open

#### Alateen Process Person

Shireen  
alateensafety@sonapalananon.com

#### Alateen Outreach Coordinator

Open

#### Literature Coordinator

Pleas  
literature@sonapalananon.com

#### Media Librarian Coordinator

Nira  
medialibrarian@sonapalananon.com

#### Newsletter Coordinator

Shane  
newsletter@sonapalananon.com

#### Diversity Coordinator

Open

#### Institutions Coordinator

Jennifer M.  
institutions@sonapalananon.com

#### PI/CPC (Public Information)

Nancy  
publicoutreach@sonapalananon.com

#### Bylaws & Insurance Coordinator

Barbara G.  
insurancebylaws@sonapalananon.com

#### Archives Coordinator

Lauren

# AL-ANON

## Family Groups

Sonoma/Napa Counties

DISTRICT 5 MEETING SCHEDULE

## ~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

www.sonapalananon.com

Northern California Area

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.

## 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.

## Apreniendo 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.

Printed May 2018