

The Twelve Steps

1. We admitted we were powerless over alcohol -- that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to others and to practice these steps in all our affairs.

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Serenity Prayer

God, grant me the serenity
to accept the things I can not change,
the courage to change the things I can
and the wisdom to know the difference.



*The Al-Anon Family Groups (AFG) are a
fellowship of relatives and friends of
alcoholics who share their experience,
strength and hope in order to solve their
common problems.*

Al-Anon Family Groups since 1951

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AL-ANON and ALATEEN FAMILY GROUPS

Hope for families and friends of
Alcoholics



WHEN & WHERE

Meetings In District 1
Area 9 of North Florida AFG

What Is Al-Anon?

Al-Anon is designed to help people who are affected by a loved one's drinking behavior.

Alateen helps teens who have been affected by someone else's alcohol use.

SUNDAY

3:00 PM | 1616 Physicians Dr. Tallahassee. *First Things First AFG*- TMH Behavioral Health Center - Meets in Cafeteria. Take the elevator down to 1st floor. **

5:30 PM | 126 E. 7th Ave. **Havana**, FL 32333 Baker Community Center, inside the Havana Fire Department. **

MONDAY

4:30 PM | 2410 Monday Street Tallahassee. *Monday on Monday AFG* - CASA - in the trailer (between Capital Circle SE and Paul Russell Road)

7:30 PM | 3640 Fred George Rd. Tallahassee. *Unity Adult Children AFG* - Meets at the St. Louis Catholic Church in the Parish Hall to the right of the church.

TUESDAY

12:00 Noon | 2351 Mahan Dr. Tallahassee. *Serenity AFG*-Immanuel Baptist Church - Meets in the east side of the Annex left of the church.

6:30 PM | 2800 Shamrock South Tallahassee. *Northside AFG* **Beginners** Meeting - Killlearn United Methodist Church - Meets in the library of the Fellowship Hall building, room 406.

7:30 PM | 2800 Shamrock South Tallahassee. *Northside AFG*- Killlearn United Methodist Church - Meets in the library of the Fellowship Hall building, room 406. **

WEDNESDAY

7:15 PM | 1400 N. Monroe St., Tallahassee. Tallahassee AFG-Senior Citizen Center - Meets in the Activity Room 1st floor

THURSDAY

12:00 Noon | 2198 N. Meridian Rd. , Tallahassee. Hope For Today AFG-St. Stephen Lutheran Church - Meets in the Fellowship Hall

7:15 PM | 3004 Mahan Dr. , Tallahassee, Fl. One Day at a Time AFG-Tallahassee Heights United Methodist Church in room E137 of the Education Building. Book study "Survival to Recovery" is on 1st and 3rd Thursdays. 2nd, 4th and 5th Thursdays are regular meetings.

ALATEEN THURSDAY

(Meets same time and place as Alanon)

7:15 PM | 3004 Mahan Dr. , Tallahassee. Courage To Be Me AFG --Tallahassee Heights United Methodist Church - Meets in the Education Building. This is a meeting for youth, ages 9 to 18, who have been affected by someone else's drinking. An Adult Al Anon Member In Alateen Services (AMIAS) is always present. AMIAS are required to be 23 years old or older. There is an online Alateen Chat Meeting available.

FRIDAY

7:15 PM | 1400 N. Monroe St. , Tallahassee. **Newcomers** AFG-Senior Center, 3rd floor. **

SATURDAY

10:00 AM | 1965 Capital Circle NE , Tallahassee. Let Go and Let God - The Wellness Center - use the front entrance and follow the signs.

SPANISH LANGUAGE MEETINGS

There is a Spanish Language Meeting by telephone every day. Please visit: <https://al-anon.org/es/reuniones-de-al-anon/reunion-es-virtuales/>

Anonymity is essential. Whom we see and what is said in meetings is held in confidence.

All Meetings are for family and friends who are affected by a loved one's drinking. Meetings are on a walk-in basis. You're welcome to attend as frequently or infrequently as you choose. There is never any obligation. There are no dues or fees.

** **Meetings** are for family and friends who are affected by a loved one's drinking and for visitors seeking information about Al-Anon Family Groups (i.e. professionals and students in the helping professions).

For additional information, call or go online

Local Website: www.tallyalanon.org

N. Florida Area Website: www.afgarea9.org

Al-Anon World Service:
Website: al-anon.org
Phone: (800) 356-9996

Al-Anon meeting online (888) 425-2666