

ALATEEN MEETINGS

6:00 PM WASATCH BACK ALATEENS EMPOWERED

O First Monday of each month
160 W. Main St
Midway 84049
Enter through the front door
Contact Michelle 801-360-2380

7:00 PM SANDY ALATEEN

O 2nd and 4th Mondays only
WC St. James Episcopal Church
7486 S Union Park Ave. (1300 E)
Midvale 84047
Contact: Denise L 801-971-3629 / Jeff 801-541-9218

AL-ANON ADULT CHILDREN MEETINGS

SUNDAY

6:00 PM DISCOVERY ADULT CHILDREN

O Zoom Meeting **90 minutes**

For those who grew up in a home affected by someone else's drinking

ZOOM only:

ZOOM ID: 886 7952 6565, Passcode: 861 168

Contact: Lee O 801-706-5259

BUSINESS MEETINGS

2:00 PM AAIS BOARD MEETING

O First Saturday of Each Month
Call AAIS at 801-262-9587 for meeting location.

2:00-4:00PM

O DISTRICT BUSINESS MEETING

Usually, Third Saturday of each Month
Alano Club
5056 S 300 W, Murray 84107

SCHEDULE LEGEND

When our District lists a group at their request, there is an informal agreement that the group will abide by Al-Anon Traditions and keep it's door opens to any Al-Anon member. Listing in the directory does not constitute approval of any group's manner of practicing the Al-Anon program.

- O** Open: Anyone interested may attend.
- C** Closed: For anyone whose personal life has been deeply affected by close contact with a problem drinker.
- WC** Wheelchair Accessible
- YA** Young Adult

Meeting Length

Most Meetings are 60 minutes unless otherwise noted.

(AA/Al-Anon/Alateen)

Other programs meeting at the same time and location but in separate rooms.

NOTE: For ZOOM meetings use ZOOM app OR call 720-707-2699 (or 346-248-7799) to use audio only. Use mtg ID and password as noted for that meeting.

If the group you are attending is not right for you, please try another. There is help available in Al-Anon and Alateen.

For information about meetings call the contact listed or the Al-Anon Information Service 801-262-9587

ATTENTION GROUPS:

If you need to **add/remove or change** Information on the schedule PLEASE TELL THE GROUP REPRESENTATIVE OR CONTACT WHO WILL TAKE THE INFORMATION TO THE DISTRICT 3 MEETING.

AL-ANON INFORMATION CENTER for information and Al-Anon Literature

AAIS office hours

**Monday, Wednesday, Thursday
and Saturday, 12:00 to 4:00 p.m.**

After hours, please leave a message at this number, **(801) 262-9587** especially if you want a call back.

We are located upstairs east of the stage at the Alano Club, 5056 South 300 West in Murray (Salt Lake metro area, for newcomers and visitors). We have Al-Anon literature, flyers about upcoming events, and good sharing. Come see us!

The Pre-amble

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, by welcoming and giving comfort to families of alcoholics and by giving understanding and encouragement to the alcoholic.

DISTRICT 3 MEETING SCHEDULE for AL-ANON, ALATEEN, and AL-ANON ADULT CHILDREN

(Salt Lake City, Park City, Kamas, West Valley City, Draper, Midvale, Sandy, Bountiful & Tooele)

For More Al-Anon Information and the latest copy of this schedule visit:

www.utah-alanon.org

Al-Anon/Alateen Information Service Inc.
(for information and Al-Anon Literature)
5056 South 300 West
Murray, UT 84107
(801) 262-9587

AAIS office hours (Current Schedule
**Monday, Wednesday, Thursday and
Saturday, 12:00 to 4:00 p.m.,**

Leave a message after hours at the above phone number. The messages are monitored.

AL-ANON FAMILY GROUPS
for families and friends of alcoholics

Current as of February 27, 2026

Mid-printing updates posted on
www.utah-alanon.org

For information about meetings anywhere in the US or Canada, call from USA (888) 4AL-ANON or 425-2666 between 8:00 a.m. and 4:00 p.m. EST:

www.al-anon.org

AL-ANON MEETINGS

DAILY

7:00 PM UN DIA A LA VEZ (Spanish)

O Monday thru Friday **90 minutes**
3646 S Redwood Road (1700 W)
piso uno #104,105 WVC 84119
In Person Contact: Christina 801-833-9161
Or Lety 801-652-4303

SUNDAY

3:45 PM TOOELE CHOICES 4 U

O Tooele Masonic Temple
22 Settlement Canyon Rd, Tooele 84074
In Person Contact: Gesele 435-224-4015

6:00 PM DISCOVERY ADULT CHILDREN

O **90 minutes** *For those who grew up in a home
affected by someone else's drinking*
ZOOM only -- ID: 886 7952 6565, Password: 861 168
Contact: Lee O 801-706-5259

6:30 PM SPIRITUAL QUEST

O Christ United Methodist Church
2375 E 3300 South, Salt Lake 84109
East entrance, 2nd floor
Hybrid: ZOOM ID: 949 184 160, Password: 649339
Contact: Nate S 801-633-3793

MONDAY

11:00 AM MONDAY MIRACLES

O South Valley Unitarian Church **90 minutes**
6876 S. Highland Dr
Cottonwood Heights, UT 84121
Hybrid: Call 425-436-6312 Access Code: 878227#
Contact: Jen 801-541-4394

5:30 PM DISCOVERING CHOICES

O Fellowship Hall
WC 2060 Windsor Street, SLC 84105
In Person Contact: Guy 801-949-1496

6:00 PM MONDAY MIDWAY MIRACLES

O 160 W Main St., Midway, Utah 84049
Hybrid: ZOOM ID: 843 5936 2537, Passcode 226426
Enter through front door.
Contact: Julie H. text first 801-699-5992

6:30 PM LIVING & LEARNING IN AL-ANON

O **Beginners Meeting 30 Minutes**
WC St. James Episcopal Church
7486 S Union Park Ave. (1300 E)
Midvale 84047
Main Entrance – West side of bldg
In Person Contact: Cathy B 801-599-6582

7:00 PM LIVING & LEARNING IN AL-ANON

O St. James Episcopal Church
WC 7486 S Union Park Ave. (1300 E)
Main Entrance – West side of bldg
Hybrid: ZOOM ID: 834 3282 7333, Passcode: 810523
Contact: Cathy B 801-599-6582

TUESDAY

5:30 PM NEW BEGINNINGS

O Magna Alano West **75 minutes**
9100 W Main St (2700 South), Magna
In Person Basement entry, west stairs
Contact: Chrissy 801-458-0635

5:30 PM TUESDAYS WITH MEDITATION AFG

O Creekside Church **90 minutes**
1400 Bitner Rd
Park City 84098
In Person Contact: Wendy 814-648-5188
Or Steve B 801-556-0280

30 minutes meditation followed by 60 min meeting
Please use back door off rear parking lot

7:00 PM BOUNTIFUL STEP BY STEP

O So. Davis Recovery Club
25 N 200 W, Bountiful 84010
In Person Contact: Jeanette 385-354-0395

7:00 PM SOUTH ENDERS AL-ANON

O Hilltop United Methodist Church
985 E 10600 S, Sandy 84094
Come from back lot, up left stairs rm 306
In Person Contact: Andrea 801-815-9693

8:00 PM SANDY GROUP

O Community of Grace Presbyterian Church
WC 2015 E Newcastle Dr., Sandy 84093
"Classroom" entrance.
Hybrid: ZOOM ID: 839 355 165, Password: SandyAFG
Call in Password: 044785
Contact: Kim 801-231-2068

WEDNESDAY

11:30 AM WEDNESDAY LUNCH BUNCH

O **ZOOM Only – ZOOM 90 minutes**
ZOOM Login ID: 83429577447, Passcode: 226426 ZOOM dial
in:720-707-2699 OR 346-248-7799 follow prompts and use
code 226426#
Contact: Yvette 3 85-630-3470

5:00 PM HEBER VALLEY HOPE

O The AA Shack
WC 565 S 600 W, Heber City 84032
In Person – Located by Veterans Memorial Park and Heber
Valley Railroad by the baseball fields
Contact: Joey 302-824-1400

7:00 PM SERENITY SEEKERS

O Trinity United Methodist Church
WC 3610 South 4400 West, WVC, 84120
In Person - Enter through Front Door.
Contact: Suzy 801-860-7466

8:00 PM LOST & FOUND GROUP

O Alano Club **90 minutes**
5056 S 300 W, Murray 84107
In Person, Contact: Heather 801-657-1476

THURSDAY

1:15 PM IS AL-ANON FOR YOU?

O Alano Club **75 minutes**
5056 S 300 W, Murray 84107
In Person Contact: Hector 801-514-0239

7:00 PM Keep It Simple Family Support AFG

O Life Church Community Center
WC 3818 W 4700 South
West Valley City 84129
In Person **Building north of Life Church**
Contact: Jennifer 801-870-9174

7:00 PM BOUNTIFUL EASY DOES IT

O Bountiful Community Church
WC 150 N 400 E
Bountiful 84010 (AA)
In Person Contact: Kristin B 210-907-2122
Melissa D 928-322-5803

7:45 PM UNITY Al-Anon Group

O **ZOOM Only** - ZOOM ID: 384 458 420
Password 861 168
Contact: Pete 914-319-0430

8:00 PM AL-ANON 101 AND BEYOND

O St Vincent's Church
WC 1385 East Spring Lane, Murray 84117
Benvegna Center (Bldg. north of the church,
off 1300 E. then turn rt on Kings Row Dr.)
Hybrid: ZOOM ID: 785 930 543, Password: 101AFG
Call in Password: 592550
Contact: Jenny 801-664-7340

8:30 PM LET IT BEGIN WITH ME

O Rise and Grind Coffee
YA 7301 S 900 East, Midvale 84047
Hybrid: ZOOM ID: 863 6695 0934, Passcode: 5056
Contact: Brett 972-841-4522 or Dustin 801-654-8053

FRIDAY

7:00 PM FRIDAY NIGHT SERENITY

O Step Study Group **90 minutes**
WC Trinity United Methodist Church
3610 South 4400 West, West Valley City
Hybrid: ZOOM ID: 833 3118 8031, Passcode 349921
Contact: Angel 305-781-4795

7:30 PM RELATIONSHIPS IN SOBRIETY

O **ZOOM Only** – Call or text 801-580-4861 for
WC Zoom meeting information
Contact: Mary Beth 801-580-4861

SATURDAY

9:00 AM SATURDAY MEN'S AFG

O Fellowship Hall
WC 2060 S Windsor St.
SLC 84105
In person
Contact: Amit 303-248-6246

9:30 AM SATURDAY SERENITY AFG

O 7375 Silver Creek Rd, **90 minutes**
WC Park City 84098
Hybrid: Call 425-436-6398, Access Code 570028#
Contact: John W txt 1st 443-301-5776