

## 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 or Julie 801-699-5992

### 7:00 PM SANDY ALATEEN

O 2<sup>nd</sup> and 4<sup>th</sup> 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](http://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 March 10, 2026**

Mid-printing updates posted on  
**[www.utah-alanon.org](http://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](http://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, 2<sup>nd</sup> 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 385-630-3470

#### 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 Alano Club – Basement Lounge  
YA 5056 Commerce Dr, Murray 84107

**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 1<sup>st</sup> 443-301-5776