

# ***Practically all of us have ...***

Worried about them.

Cried over them.

Done everything we could to please them.

Tried to reason with them.

Covered up for them with neighbors, relatives or friends.

Poured alcohol down the sink.

Stayed home to keep out of sight of other people.

And many other things that have not helped.

***We are not alone.***

## **Al-Anon & Alateen really can help.**

When someone else's drinking is part of the problem ...Al-Anon can help.

## **Steps you can take today ...**

Recognize that **you** have a right to dignity and a decent life.

Attend Al-Anon meetings to find out how we deal with situations similar to yours.

### **Al-Anon Declaration**

**When anyone, anywhere,  
reaches out for help,  
let the hand of Al-Anon  
and Alateen always be  
there, and—Let It Begin  
With Me.**

Information for this schedule was taken from Al-Anon  
Conference approved materials, P-13, P-19 & B-10

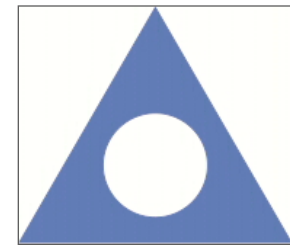
Updated 10/10/2010

## **Meeting Schedule**

**804.861.2640**

***Call 24/7 for meeting information.***

## **Southside District**



## **Al-Anon & Alateen**

Al-Anon Family Groups - Al-Anon and Alateen - are a fellowship of men, women, and children whose lives have been affected by the compulsive drinking of a family member or close friend.

Whether the alcoholic has found sobriety, the family and friends can do a great deal to help themselves as well as the alcoholic.

## Sunday:

7:00 PM 00013912

**Sunday Night Serenity**  
**John Randolph Medical Center**  
**classroom A & B (in basement)**  
**411 West Randolph Road**  
**Hopewell, VA 23860**

## Wednesday:

10:30 AM \* 0013832

**Wednesday Morning Oasis AFG**  
**St. Michael's Episcopal Church**  
**501 Old Town Drive**  
**Colonial Heights, VA 23834**

8:00 PM \* 0065644

**Wednesday Night AFG**  
**Ivey Memorial United Methodist Church**  
**17120 Jeff Davis Highway**  
**Chester, VA 23831**

8:00 PM \* 0047596

**South Hill's Wednesday Night AFG**  
**South Hill United Methodist Church**  
**105 Franklin Street**  
**South Hill, VA 23970**

For Al-Anon and Alateen meeting information anywhere in Virginia, visit the Virginia Area website:

<http://www.va-al-anon.org/>

For Al-Anon and Alateen meeting information anywhere in WORLD, visit the WSO website:

<http://www.al-anon.alateen.org/>

or call 1 - 877 - 4AL - ANON  
(1 - 877 - 425 - 2666)

To speak with a Southside Distract Al-Anon member, call 804 - 861 - 2620 and leave a confidential message.

For directions to these meetings, call 804 - 861 - 2620 at any time or use an online mapping service and the addresses provided to get directions from your location.

\* denotes simultaneous AA or NA meeting.

## Thursday:

10:30 PM \* 0054815

**New Beginnings Group**  
**Ocran United Methodist Church**  
**20221 Cox Road**  
**Sutherland, VA 23885**

7:00 PM \* 3051649

**Thursday Night AFG**  
**St Matthew's Episcopal Church**  
**11919 Beach Road**  
**Chesterfield, VA 23838**  
**(Meets in Red House on the property.)**

## Saturday:

7:00 PM \* 30510973

**Hope Under the Stars**  
**First Presbyterian Church**  
**1107 W. Broadway Avenue**  
**Hopewell VA 23860**

## Monday:

8:00 PM 0013959

**Tri-City Al-Anon**  
**Washington St. United Methodist Church**  
**22 East Washington**  
**Petersburg, VA 23803**

## Tuesday:

6:30 PM 30545457

**Stepping into Recovery**  
**Victoria Public Library**  
**1417 7th St.**  
**Victoria, VA 23974**

8:00 PM \* 0013827

**Tuesday Night Al-Anon**  
**(Concurrent Alateen meeting)**  
**(Alateen ia a 12 step fellowship of young people whose lives have been affected by alcoholism in a family member or close friend.)**  
**St. John's Episcopal Church**  
**12201 Richmond St.**  
**Chester VA. 23831**

8:00 PM \* 0024581

**Clarksville Al-Anon**  
**St. Catherine's Catholic Church**  
**805 Virginia Avenue**  
**Clarksville, VA 23927**