

*Phone Numbers and Notes:*

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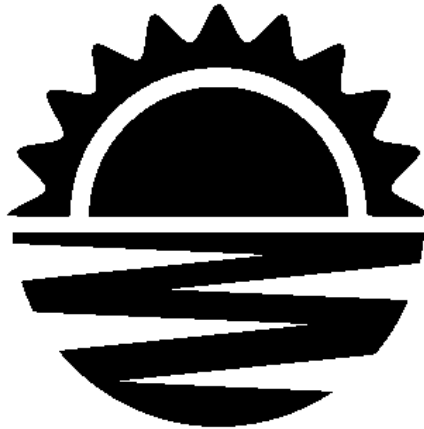
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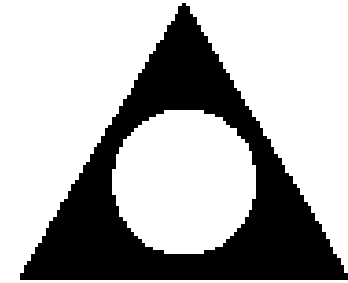
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God,  
Grant me the  
**Serenity**  
To accept the things I cannot  
change, the  
**Courage**  
to change the things I can,  
and the  
**Wisdom**  
to know the difference.



***Al-Anon Family Groups***  
*District 5 - Clinton & Essex Co. NY*

**STRENGTH & HOPE**  
*for families and friends of*  
*Alcoholics (problem drinkers)*



***Meeting List***  
*Revised: February 22, 2022*

***For more information or questions***  
***District 5: 518-561-0838***

***National Al-Anon Family Groups***  
***888-425-2666***  
[www.al-anon.alateen.org](http://www.al-anon.alateen.org)  
[www.nynafg.com](http://www.nynafg.com)

## ***Who we are:***

“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.

### ***The Suggested Preamble to the Twelve Steps:***

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.”

When you don't know where to turn...  
*Because someone drinks too much....*  
***Al-Anon Family Groups Can HELP!***

***Anonymity is an important principle of the Al-Anon program. Meetings are confidential, and we do not disclose who we see or what we hear at meetings to anyone.***

## **Sunday**

**Cadyville 7:00 PM**

*In Person:*

St. James Parish Hall  
26 Church Street

*Zoom Accessible:*

Meeting ID: 578 612 469

Passcode: 017406

## **Monday**

**Lake Placid 5:00 PM**

*Zoom Accessible:*

Meeting ID: 895 374 68449

Passcode: Serenity

**Plattsburgh 7:00 PM**

***Al-Anon Adult Children***

*Zoom Accessible:*

Meeting ID: 500 739 656

Passcode: 030815

## **Tuesday**

**Plattsburgh Noon**

United Methodist Church

127 Beekman Street, Plattsburgh

Meeting in Chapel

## **Wednesday**

**Saranac Lake/Tupper Lake 7:00PM**

*Zoom Accessible:*

Meeting ID: 849 2678 7832

*no passcode, waiting room only*

**\*\*Meetings are 1 hour in duration.**  
**\*\*Newcomers are welcomed at every meeting.**

## **Thursday**

**Plattsburgh 7:15 PM**

*In Person:*

MHAB Life Skills Campus  
14 Dormitory Dr

*Zoom Accessible:*

Meeting ID: 273 218 495

Passcode: 016248

## **Friday**

**Chazy 7:30 PM**

*Zoom Accessible:*

Meeting ID: 904 706 182

Passcode: 031430

## **ALATEEN** **THURSDAY**

**7:15 PM**

*In Person:*

MHAB Life Skills Campus  
14 Dormitory Dr, Plattsburgh

*\*Call in advance 518-578-1532*

## ***What if Nobody's Home?***

Al-Anon is a self-supporting group and our members make every effort to make sure that some-one is at each meeting. However, we aren't perfect. If you arrive at a meeting and no one else is there, please accept our apologies, try another meeting, and/or let us know by calling 518-561-0838.