

Monday

- 7:00 Hope AFG
518 West Seneca St.
2nd Floor, Seeds of Hope Room
Ithaca, NY 14850
Hybrid Online/In-Person
Zoom ID: 952 015 3069
Password: monday
- 7:00 Binghamton Courage to Change
(Binghamton General Hospital)
Phone meeting only:
1-978-990-5000
Access Code: 438412
- 7:00 Chenango Bridge Courage to Change
St. Mark's Episcopal Church
728 River Rd.
Chenango Bridge, NY 13901
- 7:00 Homer AFG
Homer Congregational Church
28 S. Main St.
Homer, NY 13077
Hybrid Online/In-Person
Zoom ID: 916 949 366
Password: 123456
Or by Phone: 1-646-558-8656

Tuesday

- Noon Keep It Simple AFG
518 West Seneca St.
Ithaca, NY 14850
Hybrid Online/In-Person
Zoom ID: 818 4118 4487
Password: 600703
- 6:00 Step – One Day at a Time
(11 Brandywine Ave., Binghamton, NY)
Virtual Meeting Only
Zoom ID: 670 422 3086
Password: YzLwU3



Wednesday

- 10am Step Meeting
St. Vincent DePaul Church (front door)
465 Clubhouse Rd.
Vestal, NY 13850
Hybrid Online/In-Person
Zoom ID: 969 6028 2441
Password: 122944
- 10 am Restored to Sanity
315 N Cayuga St
Ithaca NY 14850
Entrance through green door on Court St
- 7:45 Wednesday PM Group
Christ Church, (Water St. door)
10 Henry St.
Binghamton, NY 13901
Hybrid Online/In-Person
Zoom ID: 782 111 1520
Password: family

Thursday

- 6:00 Young Friends of Anne and Lois
Voices Recovery Center
340 Prospect Street
Binghamton, NY 13905
Hybrid Online/In-Person
Zoom ID: 782 111 1520
Password: family
- 7:00 Cortland Alateen
YWCA, 14 Clayton Ave.
Cortland, NY 13045
- 7:00 Cortland Group
YWCA, 14 Clayton Ave.
Cortland, NY 13045
Hybrid Online/In-Person
Zoom ID: 908 527 787
Password: 123456
Or by Phone: 1-646-558-8656

Thursday continued

- 7:30 Thursday Night Al-Anon
(518 West Seneca St., Ithaca, NY)
Virtual Meeting Only
Zoom ID: 865 8891 2277
Password: 293509

Friday

- 10am AFG Friday Group
(First Presbyterian Church, Ithaca, NY)
Virtual Meeting Only
Zoom ID: 872 539 989
Zoom Password: alanon
Or by Phone: 1-929-205-6099
Phone Password: 626302
- 7:00 Save Our Sanity
Valley United Presbyterian Church
459 Park Ave.,
Waverly, NY 14892
- 7:00 Union-Endicott AFG
Northminster Presbyterian Church
711 Farm to Market Rd.
Endwell, NY 13760
Entrance via upper lot

Saturday

- 9:00am Weekend AFG
518 West Seneca St.
Ithaca, NY 14850
Hybrid Online/In-Person
Zoom ID: 854 6697 8793
Password: 518Seneca
- 10:30am Progress Not Perfection AFG
518 West Seneca St.
Ithaca, NY 14850
Hybrid Online/In-Person
Zoom ID: 827 8248 1112
Password: PNP

Saturday continued

7:00 Saturday Night AFG
St. Paul's Episcopal Church
200 Jefferson Ave., Endicott, NY 13760
(basement of church)

Sunday

8:00am Acceptance is the Answer AFG
518 West Seneca St.
Ithaca NY 14850
(upstairs) *; use back door
elevator located @ rear of building

9:00am Weekend AFG
(518 West Seneca St., Ithaca NY14850)
Virtual Meeting Only
Zoom ID: 854 6697 8793
Password: 518Seneca

7:00 Cortland 12 & 12 AFG
Christ Community Church
1093 State Route 13
Cortland, NY 13045
Hybrid Online/In-Person
Zoom ID: 819 4787 1652
Password: 123456
Or by Phone: 1-646-558-8656

District 10 meeting, Virtual Only

Zoom ID: 822 1336 6845
Password: 680346
Oct-Nov; and Jan-June: 1st Sunday
of month: 3:00 pm
September: 2nd Sunday of month:
3:00 pm
No meeting: Dec, July-August

**Meetings are PM, unless noted
and last approximately 1hour**

All meetings are accessible to people with
disabilities unless noted with the following
symbol:



To find a meeting when traveling:

By Phone:

Monday – Friday: 8 am – 5 pm Eastern

USA: 1-888-4AL-ANON (425-2666)

CANADA: 1-800-443-4525

Online:

al-anon.org/meetings

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



Family Groups and Alateen
Schedule of Meetings
as of **SEPTEMBER 2024**

AFG District 10
New York North
PO Box 1384 • Binghamton, NY 13902
Broome, Cortland, Tioga,
& Tompkins Counties

Binghamton (607) 722-0889
Ithaca (607) 387-5701

Al-Anon Family Headquarters:

Al-Anon resources & meeting information
available at: www.al-anon.org

New York North: Find Meeting and
Event Schedules for Upstate New York at:
www.nynafg.com

**NEWCOMERS ARE WELCOME AND
ALL MEETINGS ARE OPEN**