

## Monday

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- 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

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- Noon Keep It Simple AFG  
518 West Seneca St.  
Ithaca, NY 14850  
**Hybrid Online/In-Person**  
**Zoom ID: 818 4118 4487**  
**Password: 600703**

## Wednesday

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- 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**

## Wednesday continued

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- 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**  
**JANUARY AND FEBRUARY:**  
**ZOOM ONLY**

## Thursday

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

## Friday

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- 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

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

## Sunday

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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: 1<sup>st</sup> Sunday  
of month: 3:00 pm

September: 2<sup>nd</sup> Sunday of month:  
3:00 pm

No meeting: Dec, July-August

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

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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**

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**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 **JUNE 2025**

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](http://www.al-anon.org)

### **New York North:** Find Meeting and

Event Schedules for Upstate New York at:

[www.nynafg.com](http://www.nynafg.com)

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