

AL-ANON MEETING SCHEDULE

SUNDAY

Sylvan Lake	8:00 p.m.	Presbyterian Church 40 East Crescent
Red Deer	7:00 p.m.	St. Luke's Family Hall 4930-54 St.
Cremona	7:30 p.m.	United Church (across from the arena)

MONDAY

Red Deer	7:30 p.m.	Red Deer Hospital (Old Hospital) First Floor, Room 158
Rocky Mt. House	8:30 p.m.	Cookie Jar 4604-49 Ave.
Dickson	8:00 p.m.	Bethany Lutheran Church
Rimbey	8:30 p.m.	United Church 4931 - 51 Ave.
Olds	7:30 p.m.	Lutheran Church 5022 - 52 St.
Ponoka	7:30 p.m.	Yvonne 783-5376

TUESDAY

Innisfall	7:30 p.m.	St. Andrew's Church 4716 - 50 Ave.
Red Deer	7:30 p.m.	St. Andrew's Church 3628-57 Ave. West Park
Stettler	8:00 p.m.	United Church 4820 - 51 St.
Ponoka	8:00 p.m.	Trinity Lutheran Church 5501-54 Ave.

WEDNESDAY

Sundre	8:00 p.m.	United Church 118 Centre St.
Red Deer	8:00 p.m.	Michener Rec. Centre 51A St. & 38A Ave. Meeting Room 2

REVISED OCTOBER 2002

THURSDAY

Eckville	7:30 p.m.	Friendship Centre 5011-54 Ave.
Three Hills	8:00 p.m.	Heather 433-7216
Red Deer	8:00 p.m.	Oriole Park Missionary Church 98 Oberlin Ave.

FRIDAY

Red Deer★	7:00 p.m.	Beginner Meeting
	8:00 p.m.	Regular Meeting
		St. Luke's Anglican Church 4929-54 St.
Didsbury	8:00 p.m.	Evangelical Church (east of Main St., beside the Post Office)

SATURDAY

Lacombe	8:30 p.m.	Park Place 5033 - 52 St.
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★SMOKING MEETING



Alateen is:

- A part of Al-Anon.
- For teenagers who have been affected by someone else's drinking.

Alateen is not:

- A program for teenagers seeking sobriety.

ALATEEN MEETING SCHEDULE

WEDNESDAY

Sundre	7:00 p.m.	United Church 118 Centre St.
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Al-Anon Is it for you?

1. Do you worry about how much someone else drinks?
2. Do you have money problems because of someone else's drinking?
3. Do you tell lies to cover up someone else's drinking?
4. Do you feel that drinking is more important to your loved one than you are?
5. Do you think that the drinker's behavior is caused by his or her companions?
6. Are meal times frequently delayed because of the drinker?
7. Do you make threats such as "If you don't stop drinking, I'll leave you?"
8. When you kiss the drinker hello, do you secretly try to smell his or her breath?
9. Are you afraid to upset someone for fear it will set off a drinking bout?
10. Have you been hurt or embarrassed by a drinker's behavior?
11. Does it seem as if every holiday is spoiled because of the drinking?
12. Have you considered calling the police because of the drinking behavior?
13. Do you find yourself searching for hidden liquor?
14. Do you feel that if the drinker loved you, he or she would stop drinking to please you?
15. Have you refused social invitations out of fear or anxiety?
16. Do you sometimes feel guilty when you think of the lengths you have gone to control the drinker?
17. Do you think that if the drinker stopped drinking, your other problems would be solved?
18. Do you ever threaten to hurt yourself to scare the drinker into saying "I'm sorry" or "I love you"?
19. Do you ever treat people (children, employees, parents, co-workers, etc.) unjustly because you are angry at someone else for drinking too much?
20. Do you feel that there is no one who understands your problems?

If you answered YES to three or more of these questions, Al-Anon or Alateen may help.