



Hope and help for families and friends of alcoholics

www.vaalanon.org

Day	Time	Group	Location	Address	Notes	Who Can Attend
Mon	6:30 PM	Central AFG	Second Presbyterian Church	214 Mountain Ave SW Roanoke, VA 24016-4118	BEGINNER MEETING Available In Person Only. Physical Location Note: Use Mountain Ave Parking Lot Entrance And Ask At Front Desk For Assistance. Electronic Component Also Available: Webex, Vaalanon.Webex.Com, Meeting ID# 2306 329 0804, Passcode 057-021-AFG014; Or Phone (415) 655-0003 & Use Meeting ID#. Concurrent AA Meeting.	Families, Friends And Observers Welcome
Mon	6:30 PM	Courage To Be Me Alateen	Second Presbyterian Church	214 Mountain Ave SW Roanoke, VA 24016-4118	Use Mountain Ave Parking Lot Entrance And Ask At Front Desk For Assistance.	Families And Friends Only
Mon	7:00 PM	Botetourt AFG	St. Marks United Methodist Church	220 North, 19 Cedar Ridge Dr Daleville, VA 24083-3072	In Person Meeting.	Families And Friends Only
Tue	6:00 PM	Living the Legacies AFG	Church of St. Peter and St. Paul	4909 N. Lake Dr. Roanoke, VA 24019	In Person Meeting. Concurrent AA Meeting.	Families, Friends And Observers Welcome

Day	Time	Group	Location	Address	Notes	Who Can Attend
Wed	10:30 AM	Wednesday Morning AFG	Windsor Hills United Methodist Church	3591 Windsor Rd SW Roanoke, VA 24018-2047	Face To Face/phone Meeting. Phone 605-562-0400, Meeting 656212# Use Covered Porch Side Entrance Off Parking Lot; Enter Doors At End Of Hall.	Families And Friends Only
Wed	7:00 PM	Covington AFG	Emmanuel Episcopal Church	138 N Maple Ave Covington, VA 24426-1545	In Person Meeting.	Families, Friends And Observers Welcome
Thu	7:00 PM	Keep It Simple AFG	Rebos	4231 Old Garst Mill Road Roanoke, VA 24018	In Person Meeting. Meeting Takes Place In The Meeting House, Upstairs.	Families And Friends Only
Thu	7:00 PM	My Journey Alateen	St. Phillip Lutheran Church	8115 Williamson Rd Roanoke, VA 24019-6949	Enter Through Side Portico. Concurrent AA Meeting.	Families And Friends Only
Thu	7:00 PM	Moneta AFG	Bethlehem United Methodist Church	13586 Old Moneta Rd Moneta, VA 24121	In Person Meeting, In Room 112 To The Left; Use Side Portico Entrance.	Families, Friends And Observers Welcome

Day	Time	Group	Location	Address	Notes	Who Can Attend
Fri	11:45 AM	TGIF AFG	Raleigh Court Presbyterian Church	1837 Grandin Rd SW Roanoke, VA 24015	In Person Meeting; Electronic Component Also Available, Webex, Vaalanon.Webex.Com, Meeting ID# 733 088 013, Passcode 057-021-AFG203; Or Phone (415) 655-0003 & Use Meeting ID#	Families, Friends And Observers Welcome
Fri	7:00 PM	Gratitude on Grandin AFG	Christ Lutheran Church	2011 Brandon Ave. Roanoke, VA 24015	Face To Face Meeting. Enter Left Side Of Church, Ground Floor. Walk Through AA Meeting. Back Of Room, Left At Hall Will Access The Alanon Room Located In Youth Center. AA Meeting Same Time/location.	Families, Friends And Observers Welcome
Sat	10:00 AM	Moneta AFG	Bethlehem United Methodist Church	13586 Old Moneta Rd Moneta, VA 24121	In Person Meeting, In Room 112 To The Left; Use Side Portico Entrance.	Families, Friends And Observers Welcome
Sat	10:30 AM	Saturday Morning AFG	WEBEX	VIRTUAL ONLY Roanoke, VA	Electronic Meeting On Webex: Vaalanon.Webex.Com, Meeting ID# 180 263 1910, Passcode 057-021-AFG904; Or Phone (415) 655-0003 & Use Meeting ID#	Families, Friends And Observers Welcome
Sat	1:00 PM	Primary Purpose AFG	St. Marks United Methodist Church	220 North, 19 Cedar Ridge Dr Daleville, VA 24083-3072	In Person Meeting.	Families, Friends And Observers Welcome

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Sat	4:30 PM	Saturday Night Live AFG	Valley Community Church	5000 Carriage Drive SW Roanoke, VA 24018	Face To Face/phone Meeting. Telephone Meeting Instructions: 605-562-0400, Access Code Is 656212#. Meeting Is In Lower Level Of Church. From Parking Lot, Enter At Left End Of Building.	Families, Friends And Observers Welcome
Sun	3:00 PM	Sunday Afternoon AFG	Windsor Hills United Methodist Church	3591 Windsor Rd SW Roanoke, VA 24018-2047	Face To Face Meeting. Use Covered Porch Side Entrance Off Parking Lot; Go Down Hall Past Water Fountain And Turn Left.	Families, Friends And Observers Welcome
Sun	6:30 PM	Gratefully Open AFG	Diversity Center	425 Campbell Ave, SW Roanoke, VA 24016	Use Front Door Entrance, On Street Parking And At Kirk YMCA Parking Lot	Families, Friends And Observers Welcome