

## What is Al-Anon Alateen?

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**Al-Anon** is a mutual support program for people whose lives have been affected by someone else's drinking. By sharing common experiences and applying the Al-Anon principles, families and friends of alcoholics can bring positive changes to their individual situations, whether or not the alcoholic admits the existence of a drinking problem or seeks help.

**Alateen**, a part of the Al-Anon Family Groups, is a fellowship of young people (mostly teenagers) whose lives have been affected by someone else's drinking whether they are in your life drinking or not. By attending Alateen teenagers meet other teenagers with similar situations. Alateen is not a religious program and there are no fees or dues to belong to it.

## How does Al-Anon Work?

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There is no magic formula that enables you to help someone stop or cut back on his or her drinking. Alcoholism is a complex problem, with many related issues. But Al-Anon can help you learn how to cope with the challenges of someone else's drinking.

It may be that you could help matters by changing some of your own behaviors that make things worse. It may be possible for you to find a healthier way to respond to these challenges. Again there are no easy answers. But Al-anon meetings offer the opportunity to learn from experiences of others who have faced similar problems.

While simple problems may have simple solutions, the solution to complex problems is more difficult to explain. Al-Anon simplifies a complex problem by suggesting a "One Day at a Time" approach, which takes things one step at a time.

At every Al-Anon meeting, you can hear people explain how Al-Anon worked for them. That may be the best place to start to learn about Al-Anon "One Day at a Time".

Al-Anon members come to understand problem drinking as a family illness that affects everyone in the family. By listening to Al-Anon members speak at Al-Anon meetings, you can hear how they came to understand their own role in this family illness. This insight put them in a better position to play a positive role in the family's future.

Some research shows that when problem drinkers enter a recovery program, their chances for success are improved when they are supported by family members who are in a family recovery program such as Al-Anon.

## District 28 Al-Anon Dutchess County, NY Over view and Resources

- **Dutchess County District Meeting**  
Are held from 7:30-8:30 p.m. on the 2<sup>nd</sup> Friday of the month (January - June, September - November) at St. John's Lutheran Church (55 Wilbur Blvd. Poughkeepsie, NY 12603). All are welcome to attend.

- **Dutchess County Meetings:**  
Web: [www.dutchessalanon.org](http://www.dutchessalanon.org)  
Phone: (845) 432-4710  
Note: Always check the web site for up to date meeting list.

- **New York South Area Meetings:**  
[www.nysaafg.org](http://www.nysaafg.org)

Out of the Area Meetings:  
Web: [www.alanon.org](http://www.alanon.org)  
Phone: (888) 425-2666

- **Dutchess County AA Meetings:**  
Web: [www.dutchessaa.org](http://www.dutchessaa.org)  
Phone: (845) 452-1111

## Meeting Definitions

### Families, Friends and Observers Welcome

A meeting that is open to anyone whose life is or has been affected by someone else's drinking. These meetings are also open to anyone interested in learning more about the Al-Anon program (e.g., the public, professionals, and students).

### Family and Friends Only

A meeting that is open to anyone whose life is or has been affected by someone else's drinking. Note: Each Alateen meeting is limited to its teen members and certified AMIAS (Al-Anon members in Alateen Service), unless the meeting is opened by teens to the public or for observation by professionals or students.

**Cancellations: Weather and Holiday see website or consult the location.**

[www.dutchessalanon.org](http://www.dutchessalanon.org)

# Al-Anon/ Alateen Meeting List

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**District 28  
Dutchess County, NY**  
(updated 1/12 /20)



District 28 Dutchess County, NY

**Al-Anon Family Groups**  
Strength and Hope  
for families of problem drinkers

## Monday

5:45 - 7:00 p.m.

**Adult Children Step Meeting** ○  
New Hackensack Reformed Church - Ed. Bldg. (#13)  
1580 NY 376, **Wappingers Falls**, NY 12590

7:30 - 8:30 p.m.

**Community Al-Anon Group** ●  
New Hackensack Reformed Church - Ed. Bldg. (#13)  
1580 NY 376, Wappingers Falls, NY 12590

7:30 - 8:30 p.m.

**Monday Night Stepped- Up Group** ○  
Rhinebeck Reformed Church  
0368 Mill St. (Rt. 9) **Rhinebeck**, NY 12572

**Round Robin Alateen** ●

Rhinebeck Reformed Church  
0368 Mill St. (Rt. 9) **Rhinebeck**, NY 12572

7:30 - 8:30 p.m.

**Monday Night Discussion Group** ●  
Christ Church Episcopal  
7423 S. Broadway (Rt.9) **Red Hook**, NY 12571

7:30 - 9:00 p.m.

**Monday Night Al-Anon Adventure Group** ●  
Trinity United Methodist Church  
6 S. Cross Rd. **Lagrangeville**, NY 12540

## Tuesday

7:00 - 8:00 p.m.

**Stepping Out Al-Anon** ○  
Single Purpose Sober House  
291 Mill St. Poughkeepsie, NY 12601

7:30 - 8:30 p.m.

**Wappingers Peace and Serenity Group** ●  
Mount Alvernia Retreat Center  
Delavergne Ave., **Wappingers Falls**, NY 12590

7:30 - 8:30 p.m.

**Millbrook Tuesday Night Al-Anon** ○  
St. Joseph's Parochial School  
25 St. Joseph's Dr. Millbrook< NY 12545  
1<sup>st</sup> tues. = step Mtg./ 5<sup>th</sup> tues. = Speaker Mtg.

**Millbrook Tuesday Night Alateen** ●  
St. Joseph's Parochial School  
25 St. Joseph's Dr. Millbrook< NY 12545

## Wednesday

7:30 - 8:15 p.m.

**Rise and Shine AFG** ○  
Christ Church Episcopal  
7423 S. Broadway (Rt.9) **Red Hook**, NY 12571

12:30 - 1:30 p.m.

**Wednesday Afternoon Al-anon** ●  
Lexington Recovery Center  
41 Page Park Dr. Poughkeepsie, NY 12603

7:15 - 8:15

**Beacon-Fishkill Regular Al-Anon Group** ●  
Fishkill Methodist Church  
38 Broad St. Fishkill, NY 12524

## Thursday

8:00 - 9:00 p.m.

**Northern Dutchess Al-Anon Group** ○  
Church of the Messiah Episcopal  
6436 Montgomery St. (Rt.9) **Rhinebeck**, NY 12572

8:00 - 9:00 p.m.

**Hopewell Friendship Group** ●  
Hopewell Reformed Church (upstairs Comm. Rm. D)  
143 Beekman Rd. Hopewell Junction, NY 12533  
1<sup>st</sup> Thurs. = step mtg.

8:00 - 9:00 p.m.

**Hopewell Alateen** ●  
Hopewell Reformed Church (upstairs Comm. Rm. B)  
143 Beekman Rd. Hopewell Junction, NY 12533

## Friday

7:30 - 8:30 p.m.

**Poughkeepsie Friday Night Al-Anon** ○  
St. John's Lutheran Church  
55 Wilbur Blvd., Poughkeepsie, NY 12603

7:30 - 8:30 p.m.

**Wappingers Growth in Al-Anon** ●  
Monastery of St. Clare  
70 Nelson Ave. Wappingers Falls, NY 12590

8:00 - 9:00 p.m.

**Pawling Friday Night Al-Anon** ●  
The Evangelical Lutheran Church of Christ the King  
14 Pine Dr. (Rt 22 & Pine Dr.), Pawling, NY 12564

## Saturday

7:30 - 8:30

**Saturday Night Live Group** ○  
Hyde Park Reformed Dutch Church  
4408 Albany Post Rd. (Rt.9), Hyde Park, NY 125381  
1<sup>st</sup> Sat. = step meeting / 5<sup>th</sup> Sat. = Speakers Mtg.

## Sunday

7:00 - 8:00 p.m.

**Beacon of Hope AFG** ●  
First Presbyterian Church (side entrance)  
30 Liberty St. Beacon, NY 12508

7:00 - 8:00 p.m.

**Lagrangeville Courage to Change AFG** ●  
Living Water Church  
1133 State Rt. 55A, Lagrangeville, NY 12540

## Names &Phone Numbers

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