

What is Al-Anon and Alateen?

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?

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 the 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 Overview and Resources

- **Dutchess County District Meetings** are held from 7:30 – 8:30 p.m. on the 2nd 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.
- All Al-Anon meetings are open to anyone whose life has been affected by someone else's problem drinking. However, some Al-Anon meeting schedules designate certain meetings as "open" and other meetings as "closed." **"Open"** meetings welcome students and professionals, who want to observe an Al-Anon meeting for educational purposes. **"Closed"** meetings do not welcome any observers, but they are open to anyone and everyone who is personally concerned about the effects of someone else's drinking (Welcome Newcomer! Packet, p. 22).
- **Dutchess County Meetings:**
Web: www.dutchessalanon.org
Phone: (845) 432-4710.

Note: Always check the website to access the most up-to-date meeting list.
- **New York South Area Meetings:**
www.nysaafg.org
- **Out-of-the-Area Meetings:**
Web: www.alanon.org
Phone: (888) 425-2666
- **Dutchess County AA Meetings:**
Web: www.dutchessaa.org
Phone: (845) 452-1111

Al-Anon / Alateen Meeting List

District 28 | Dutchess County, NY

(Updated 02/2019)



DISTRICT 28 | DUTCHESS COUNTY, NY

Al-Anon Family Groups

Strength and hope for friends and families of problem drinkers

Monday

5:45 – 7:00 p.m.

Adult Children Step Meeting (Open)

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

7:30 – 8:30 p.m.

Community Al-Anon Group (Closed)

New Hackensack Reformed Church - Ed. Bldg. (#13)
1580 NY-376, **Wappingers Falls**, NY 12590
3rd Mon. = Step Meeting

7:30 – 8:30 p.m.

Monday Night Stepped-Up Group (Open)

Rhinebeck Reformed Church
6368 Mill St. (Rt. 9), **Rhinebeck**, NY 12572

7:30 – 8:30 p.m.

Round Robin Alateen

Rhinebeck Reformed Church
6368 Mill St. (Rt. 9), **Rhinebeck**, NY 12572

7:30 – 8:30 p.m.

Monday Night Discussion Group (Closed)

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
Adult Child Focus | 1st Mon. = Step Mtg.

Tuesday

7:30 – 8:30 p.m.

Wappingers Peace and Serenity Group (Closed)

Mount Alvernia Retreat Center
158 Delavergne Ave., **Wappingers Falls**, NY 12590

7:30 – 8:30 p.m.

Millbrook Tuesday Night Al-Anon (Open)

St. Joseph's Parochial School
25 St. Joseph Dr., **Millbrook**, NY 12545
1st Tues. = Step Mtg. | 5th Tues. = Speaker Mtg.

7:30 – 8:30 p.m.

Millbrook Tuesday Night Alateen

St. Joseph's Parochial School
25 St. Joseph Dr., **Millbrook**, NY 12545

Wednesday

7:30 – 8:15 a.m.

Rise and Shine AFG

Christ Church Episcopal – Parish Hall
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 p.m.

Beginners Beacon-Fishkill Al-Anon Group (Closed)

Fishkill United Methodist Church
38 Broad St., **Fishkill**, NY 12524

7:15 – 8:15 p.m.

Beacon-Fishkill Regular Al-Anon Group (Closed)

Fishkill United Methodist Church
38 Broad St., **Fishkill**, NY 12524

Thursday

8:00 – 9:00 p.m.

Northern Dutchess Al-Anon Group (Open)

Church of the Messiah Episcopal
6436 Montgomery St. (Rt. 9), **Rhinebeck**, NY 12572
1st Thurs. = Step Mtg.

8:00 – 9:00 p.m.

Hopewell Friendship Group (Open)

Hopewell Reformed Church (Upstairs Comm. Rm. D)
143 Beekman Rd., **Hopewell Junction**, NY 12533
1st 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 (Open)

St. John's Lutheran Church
55 Wilbur Blvd., **Poughkeepsie**, NY 12603

7:30 – 8:30 p.m.

Wappingers Growth in Al-Anon (Closed)

Monastery of St. Clare
70 Nelson Ave., **Wappingers Falls**, NY 12590

8:00 – 9:00 p.m.

Pawling Friday Night Al-Anon (Closed)

The Evangelical Lutheran Church of Christ the King
14 Pine Dr. (Rt. 22 & Pine Dr.), **Pawling**, NY 12564

Saturday

7:30 – 8:30 p.m.

Saturday Night Live Group (Open)

Hyde Park Reformed Dutch Church
4408 Albany Post Rd. (Rt. 9), **Hyde Park**, NY 12538
1st Sat. = Step Mtg. | 5th Sat. = Speaker Mtg.

Sunday

7:00 – 8:00 p.m.

Beacon of Hope AFG (Closed)

First Presbyterian Church (Side Entrance)
50 Liberty St., **Beacon**, NY 12508

7:00 – 8:00 p.m.

Lagrangeville Courage to Change AFG (Closed)

Living Water Church
1133 State Rt. 55A, **Lagrangeville**, NY 12540

Names & Phone Numbers

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Contact Us

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845-432-4710

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Visit us on the Web:
www.dutchessalanon.org