

## 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 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.
- **Closed** meetings are for all Al-Anon members, anyone whose life is or has been deeply affected by close contact with a problem drinker.
- **Open** meetings may be attended by anyone interested in Al-Anon/Alateen (Al-Anon Service Manual 2014 – 2017, pg. 83).
- **Dutchess County Meetings:**  
Web: [www.dutchessalanon.org](http://www.dutchessalanon.org)  
Phone: (845) 432-4710.  
  
Note: Check the website to access the most up-to-date meeting list.
- **New York South Area Meetings:**  
[www.nysaaafg.org](http://www.nysaaafg.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

# Al-Anon / Alateen Meeting List

---

District 28 | Dutchess County, NY  
(Updated 8/2018)



