

*For Families & Friends of Problem Drinkers*

**If you are concerned about  
the drinking of someone  
close to you**

**Al-Anon can help**

**PHONE:**

1300ALANON

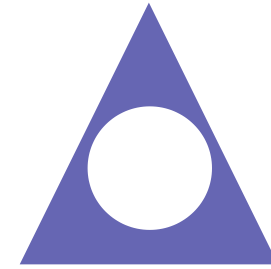
1300252666

**WEBSITE:**

[www.alanon.org.au](http://www.alanon.org.au)

**EMAIL:**

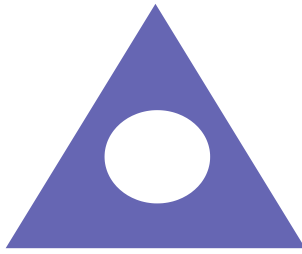
[alanonnewcastledr61@gmail.com](mailto:alanonnewcastledr61@gmail.com)



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# **AL-ANON FAMILY GROUPS**

## **Newcastle District MEETINGS LIST**



Al-Anon is a self-help group.

We are partners, mothers, fathers, grandparents and adult children from all walks of life who are concerned about someone else's drinking.

In Al-Anon we do not give advice but we do share our common experience of how we too have been affected by someone else's drinking.

We learn about the disease of alcoholism and how we can understand and encourage our relatives & friends in a more effective way.

We learn new skills which can help overcome the negative effects of living or having lived with someone with a drinking problem

Al-Anon is free. As our groups are self-supporting we donate what we can to pay for any meeting expenses such as rent.

*So if you are concerned about the drinking of someone close to you Al-Anon can help*

## MEETING LIST

<b>Monday</b>	<b>6:00 pm</b>	<b>Raymond Terrace **</b>
		St John's Anglican Church 45 Sturgeon Street Raymond Terrace
<b>Tuesday</b>	<b>10.30 am</b>	<b>Morisset*&amp;**</b>
		"Church in the trees" Cnr Awaba & Stockton Rds Morisset
	<b>5.30 pm</b>	<b>Alateen</b>
		Zoom meeting only For more information please contact 0401441534
<b>Wednesday</b>	<b>11:30 am</b>	<b>Salamander Bay*&amp;***</b>
		Admin Room Uniting Church 174 Salamander Way Salamander Bay
<b>Friday</b>	<b>10.00 am</b>	<b>Mayfield**</b>
		Church of Christ Building 31 Gregson Avenue Mayfield West
<b>Saturday</b>	<b>2.00 pm</b>	<b>Warners Bay**</b>
		Lion's Club Hall 2 Sweet Street Cnr King St Warners Bay

*\*Zoom is available - for sign-in call the contact person.*

*\*\*Face to Face meeting \*\*\*Face to Face 1<sup>st</sup> & 3<sup>rd</sup> Wed of Month*