



Al-Anon Family Groups
Strength and hope for friends and families of problem drinkers

Al-Anon offers understanding and support for families and friends of problem drinkers in an anonymous environment, whether the alcoholic is still drinking or not. The parents, children, wives, husbands, friends and colleagues of alcoholics could all be helped by Al-Anon and Alateen whether or not the drinker in their lives recognises that a problem exists.

Call the Confidential Helpline at (01) **873 2699** 10 a.m. to 10 p.m. 7 days a week to speak to one of the volunteers.

Al-Anon Meetings in the East Coast Region/South and Southeast Dublin

| <i>Group Name</i> | <i>Place</i> | <i>Day/Time/Directions</i> |
|----------------------------|--|--|
| Churchtown | Parish Centre, (rear) Good Shepherd Church, Nutgrove Avenue, D14 | Wednesdays at 20.30 |
| Dún Laoghaire | Church of Ireland, Park Road, Dún Laoghaire | Sundays at 20.00 Beside People's Park |
| Glasthule | Community Centre, Glasthule | Tuesdays at 10.30 Wednesdays at 20.00 Saturdays at 11.00 |
| Leeson Park | Wesley House, Leeson Park, D6 | Thursdays at 20.00 |
| Monkstown | The Crypt, Monkstown Protestant Church | Fridays at 20.30 Car park code 1357 |
| Monkstown (Polish) | The Crypt, Monkstown Protestant Church | Mondays at 21.00 Car park code 1357 |
| Rathfarnham | Anglican Church, Main St., Rathfarnham Village, D14 | Mondays at 12.00 Saturdays at 12.00 Beside AIB |
| Rathfarnham | Willbrook Rd., Old Court House, Rathfarnham, D14 | Wednesdays at 12.30 Fridays at 12.00 Near 'Yellow House' |
| Stillorgan | St. John of God Hospital, Stillorgan Road | Tuesdays at 20.00 |
| Stillorgan/Galloping Green | St. Brigid's Parish Centre, Church of Ireland, off Merville Road, Co. Dublin | Tuesdays at 20.00 |
| Templeogue | Rutland Centre, Knocklyon Road, Templeogue, D16 | Tuesdays at 12.30 Opp. Supervalu |
| Walkinstown | Assumption Convent School, Community Centre, Dublin 12 | Sundays at 19.30 Behind convent |

Al-Anon Meetings in the East Coast Region/Wicklow

| <i>Group Name</i> | <i>Place</i> | <i>Day/Time</i> |
|-------------------|--|---------------------|
| Bray | Parish Room 9, Holy Redeemer Church, Herbert Road, Bray | Wednesdays at 20.30 |
| Greystones | St. David's School, Kimberley Road, Greystones | Sundays at 20.30 |
| Wicklow | Holy Rosary School, Dominican Convent, Wicklow Town | Fridays at 20.30 |

Al-Anon Information Service Centre

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www.alanon.ie