

FRIDAY**NH ELECTRONIC 9:00 AM**

WSO Group #30689619, District 12 (0)
Zoom Meeting ID: 955 9629 1094 Passcode 892328

Dover 9:00 AM

WSO Group #30708403, District 2 (0)
Triangle Club, 120 Broadway Ave

HYBRID - Laconia 10:00 AM

WSO Group #48669, District 4 (0)
Congregational Church Parish House, 18 Veteran's SQ
enter through side door, 1st floor, 1st room on the right
Join us in-person or by phone 978-990-5000,
use code 164-404# for access

Center Ossipee 10:30 AM

WSO Group #30502305, District 5 (H,C)
First Congregational Church of Ossipee, 50 NH-16B
Enter rear door of family life center with yellow ramp

Manchester 6:30 PM

WSO Group #503815, District 10 (H,C)
695 Mast Road, Look for a green "695" biz sign
Driveway between elementary and dance schools
Last unit of bldg, far left. Park in the front

NH ELECTRONIC 7:00 PM

WSO Group #65740, NashuaD8 (0)
Join using Zoom meeting ID: 759 1937 6449
Password: 395137 or dial in using (301) 715-8592

HYBRID - Endfield 7:00 PM

WSO Group #8981, District 3 (0)
Community Lutheran Church, 96 Main St. Park in lot across the street
Join via Zoom ID: 84930639144, PW: 373918

Dover 7:00 PM

WSO Group #25269, District 2 (O,H)
Wentworth-Douglass Hospital, 789 Central Ave.
Garrison Building Dionne Room

Conway 7:30 PM*

WSO Group #9026, District 5 (C)
Journey Church, 15 Hutchins Drive
No meeting on public school snow days

SATURDAY**NH ELECTRONIC 8:00 AM**

WSO Group #502925, District 4, (0)
Zoom meeting ID: 821 6284 4453 Password: 253719
Email with questions: centerharbor.alanon@gmail.com

SATURDAY CON'T**NH ELECTRONIC 9:00 AM**

WSO Group #30507121, NashuaD8, (0)
Join using Zoom meeting ID: 996 4800 3572
Password: 315974 Step Meeting

Dover 9:00 AM

WSO Group #30708403, District 2 (0)
Triangle Club, 120 Broadway Ave,

Claremont 9:00 AM

WSO Group #30804658, District 3 (0)
TLC Recovery, 62 Pleasant St. Enter at 4 glass doors,
turn right at end of the hall

Londonerry 9:30 AM

WSO Group #42010, District 9 (0)
St. Mark's Church, 1 South Rd - Right side entrance, rm 104

Hampton 1:00 PM

WSO Group #30478, District 12 (H,O)
Our Lady of the Miraculous Church, 289 Lafayette Rd.
Parish Hall downstairs

HYBRID Tamworth 7:00 PM

WSO Group #9044, District 5, (H,O)
Saint Andrew's in the Valley Episcopal Church,
678 Whittier Rd Join us in-person or by phone
using free conference call number
605-313-5725, Access Code 1103708

SUNDAY**HYBRID Portsmouth 9:00 AM**

WSO Group #30526380, District 12, (0)
Join in person: Portsmouth Senior Center, 125 Cottage St
Room 1, or Zoom Mtg ID: 884 9782 9798 Password: 892328

Bedford 9:30 AM

WSO Group #9003, District 10 (H,C)
Old Bedford Town Hall, 70 Bedford Center Rd

Keene 5:00 PM

WSO Group #30563138, District 7, (0)
St. James Episcopal Church, 44 West St

HYBRID Claremont 7:00 PM

WSO Group #8972, District 3, (0)
Meet in person TLC Recovery, 62 Pleasant St or
Zoom Meeting ID: 875 7190 0962 Password: 499354

NH ELECTRONIC 7:00 PM

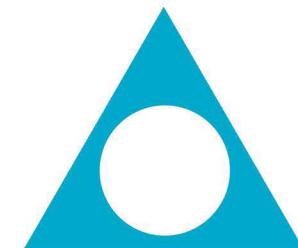
WSO Group #32180, District 8, (C)
Zoom Meeting ID: 982 181 856 Password: 011402

New Hampshire Alateen Meetings**Second, Third & Fourth WEDNESDAY each month****Nottingham 7-8:00PM**

WSO Group #30808330, District 2 (H)
Nottingham Town Office, 139 Stage Rd
Al-Anon & AA Meetings available at this
location at same time

While anyone may attend any Al-Anon meeting,
including teens, Alateen meetings are only for those
18 and under. Online Alateen meetings may be
accessed through the Al-Anon Family Groups
Mobile app found at Al-Anon.org.

Al-Anon & Alateen Family Groups New Hampshire Meeting List



• February 4, 2026 •

For more information or questions,
Answering Service: 603-369-6930

NH Al-Anon website: www.nhal-anon.org Worldwide Al-Anon: www.al-anon.org

Information for Groups

Please keep your meeting information up to date. Email details to group-records@nhal-anon.org or use the updater form found under the members section of www.al-anon.org website.

Tradition 7 Donations

Make checks payable to
AFGNH, Inc.

Please add your group
or district # on the memo line

Send to: AFGNH, Inc.
PO Box 220
Concord, NH 03302

2026 NH Area Meetings**AWSC Meetings:**

(12 - 3pm, Officers, Coordinators & DRs vote)

February 21 **August 15**

April 18 **September 19**

November 21

Assembly Meetings:

(11 - 4pm, GRs attend & vote, AWSC attends)

March 21 • May 23 • October 17

Meetings held at Grace Episcopal Church
unless otherwise noted.

30 Eastman St. Concord All are welcome.

Have you checked out the nhal-anon.org website?
Find or post upcoming Al-Anon events, anniversaries,
and conventions under the events tab.

Al-Anon Meeting Guide:

- Most groups **meet in-person** with town & address listed.
- **NH ELECTRONIC** before the time means the group **only** meets online.
- **HYBRID** before a location & time means the group meets both online/phone and in-person together.

An ***** means the group does not meet in person when locals schools are canceled due to bad weather in winter.

MONDAY

Dover 9:00 AM
WSO Group #30708403, District 2 (0)
Triangle Club, 120 Broadway Ave

NH ELECTRONIC 12:00 PM
WSO Group #39987, District 7 (0)
Zoom Meeting ID: 825 6820 3953, password: Keene
Or join by phone #646-876-9923, password: 480560
Email with questions at district7@nhal-anon.org

Hampton 4:00 PM
WSO Group #51522, District 12 (0)
Hobbs House, 200 High Street

Meredith 4:00 PM
WSO Group #66450, District 4 (O,H)
Meredith Congregational Church 4 Highland St.
No meeting on public school snow/delay days

HYBRID Exeter 5:30 PM
WSO Group #30679039, District 2 (0)
Christ Church Episcopal, 43 Pine St or join via zoom
Meeting ID: 85450826146 Password: 613051

Whitefield 6:00 PM
WSO Group #30812679, District 6 (O,H)
Dwelling Place LLC, 36 King Square
Located in the old red mill in center of King Sq.

Milford 6:00 PM*
Milford 7:00 PM* BEGINNERS MTG
WSO Group #62515, District 8 (0)
ARCNH, 180 Elm St, Suite E
No meeting on public school snow days. Parking
and entrance are in the back.

Manchester 6:30 PM*
WSO Group #45304, District 10 (0)
Faithbridge Church, 301 S Main St, use side entrance
No meeting on public school snow days

NH ELECTRONIC 6:45 PM
WSO Group #30814841, District 12 (0)
Join using Zoom meeting ID: 982 9583 8497
Password: 892328 or by phone (301) 715 - 8592

Peterborough 7:00 PM
WSO Group #41866, District 7 (O,H)
Peterborough United Methodist Church, 43 Concord St.

Rochester 7:00 PM
WSO Group #9037, District 2 (0)
Emmanuel Church, Community Bldg, 24 Eastern Ave.

HYBRID Wolfeboro 7:30 PM
WSO Group #9047, District 5 (0)
All Saints Episcopal Church 258 S Main St., 2nd floor
Email wolfeborofafg@gmail.com for zoom link

MONDAY CON'T

Henniker 8:00 PM
WSO Group #30701763, District 1 (0)
Congregational Church, 33 Maple St. Enter across
from church, by right side door, meeting upstairs

TUESDAY

HYBRID N. Hampton 9 AM BEGINNERS MTG

HYBRID N. Hampton 10:00 AM
WSO Group #9027, District 12 (0)
United Church of Christ, 295 Atlantic Ave. or join on
Zoom, Meeting ID: 961 6311 4341 Password: 892328

Dover 9:00 AM

WSO Group #30708403, District 2 (0)
Triangle Club, 120 Broadway Ave

Derry 11:00 AM*

WSO Group #30826789, District 9 (C)
Sonshine Soup Kitchen, 6 Crystal Ave
Use rear entrance, park in back or side only
No meeting on public school snow days

Plymouth 4:30 PM

WSO Group #501212, District 4 (H,C)
Plymouth Common Man Inn, 231 Main St.
Enter lobby, turn right, 1st meeting room on right

NH ELECTRONIC 5:30 PM

WSO Group #30633452, District 9 (0)
Zoom Meeting ID: 212 3050 669
No password needed.

Newport 6:00 PM

WSO Group #30783139, District 3 (0)
South Congregational Church, 20 Church St.
Park in rear, enter thru white door, go downstairs,
follow signs to meeting room

WEDNESDAY

Dover 9:00 AM

WSO Group #30708403, District 2 (0)
Triangle Club, 120 Broadway Ave

Bedford 10:00 AM*

WSO Group #45118, District 10 (H,O)
Bethany Covenant Church, 1 Covenant Way off NH
RT101, Enter left front door, turn left
No meeting on public school snow/early dismissal days

Dover 10:00 AM

WSO Group #8978, District 2 (H,C)
First Parish Congregational Church, 218 Central Ave.

WEDNESDAY CON'T

NH ELECTRONIC 6:00 PM

WSO Group #30562366, District 1 (0)
Zoom Meeting ID: 89831806861 password: 306282

NH ELECTRONIC 6:00 PM

WSO Group #8995, District 7 (0)
Zoom Meeting ID: 893 2436 5228 Password: Antrim
Or join using telephone #646-876-9923, use same
ID and Password Email questions with zoom
at district7@nhal-anon.org

Antrim 6:00 PM

WSO Group #30649607, District 7 (0)
First Presbyterian Church of Antrim, 73 Main St
Park and enter in the back.

Alton 5:30 PM BEGINNERS MTG

Beginners Meeting is held the 1st Wednesday of month only.

Alton 6:30 PM

WSO Group #30849266, District 4 (C)
Community Church of Alton Building, 20 Church St
Enter thru double glass doors, follow signs downstairs
No meeting on public school snow days

Concord 7:00 PM

WSO Group #8974, District 1 (0)
Grace Episcopal Church, 30 Eastman St.
Parish entrance on left side.
No meeting on public school snow/delay days

NH ELECTRONIC 7:00 PM

WSO Group #66976, District 12 (0)
Zoom Meeting ID: 591 344 7251 Passcode: 892328
Dial in, use phone # (646) 558-8656

Nottingham 7:00 PM

WSO Group #60058, District 2 (0)
Town Offices, 139 Stage Rd.

Hampstead 7:30 PM Woman-focused mtg

WSO Group #502409, District 9 (C)
Hampstead Congregational Church, 61 Main St.
Use side Timberlane Rd entrance

NH ELECTRONIC 7:30 PM

WSO Group #47848, District 2 (0)
Zoom Meeting ID: 810 5083 3033 password: 709717

HYBRID Warner 7:30 PM

WSO Group #30734740, District 1 (0)
Meet in person at 43 East Main St, park in lot behind
church, enter through back center entrance
Or join on Zoom, Meeting ID: 854 6169 2270
Passcode: 260659 ? Contact: district1@nhal-anon.org

THURSDAY

Dover 9:00 AM

WSO Group #30708403, District 2 (0)
Triangle Club, 120 Broadway Ave

Hampton 9:10 AM BEGINNERS MTG

Hampton 10:30 AM

WSO Group #44716, District 12 (0)
United Methodist Church, 525 Lafayette Rd. Park in rear,
enter main door, meeting upstairs to front of building

Bennington 10:30AM

WSO Group #30867804, District 7 (O,H)
Bennington Town Hall/Offices, 7 School St.
Enter on left side handicap ramp.. No meetings when
Town Hall is closed for holidays.

Concord 12:00 PM*

WSO Group #44273, District 1 (C)
Wesley United Methodist Church, 79 Clinton St.
No meeting on public school snow days

Conway 12:00 PM

WSO Group #60851, District 5 (0) Journey Church
15 hutchins Drive, Use side door on the left to enter

HYBRID Keene 12:00 PM

WSO Group #61705, District 7 (0)
United Church of Christ, 23 central SQ,
Use back door, parlor on second floor or join using
Zoom Meeting ID: 883 4409 1465 Password: Keene
Or join using telephone #646-876-9923,
password: 174939 Email with questions or help
with zoom at district7@nhal-anon.org

Laconia 4:00 PM

WSO Group #8996, District 4 (H)
Congregational Church Parish House, 18 Veteran's SQ.
Enter through side door, 1st floor, 1st room on right
No meeting on public school snow/delay days

Littleton 6:00 PM

WSO Group #48543 District 6 (H,O)
First Congregational Church, 189 Main St.
Entrance at stairway on right from street

Gorham 6:00 PM

WSO Group #30837922, District 6 (0)
First Congregational Church 153 Main St.

NH ELECTRONIC 7:00 PM

WSO Group #44541, D10 (0)
Join us on www.freeconferencecall.com
Meeting ID: NHALAnonD10 Access Code: 478186 or
Dial in using (701) 802-5298

Plaistow 7:00 PM

WSO Group #52697, District 9 (H,C)
First Baptist Church, 122 Main St, Use 1st floor
back door go straight to room at end of hall

Nashua 7:30 PM*

WSO Group #46114, District 8 (C)
United Way, 20 Broad St. Enter through the backdoor,
meeting downstairs.
No meeting on public school snow days

**WHAT DO
THE LETTERS
MEAN?**

(O) the group welcomes families, friends, & observers. **(C)** the group welcomes families & friends only (not observers).
(H) the location is accessible to people with physical disabilities. **Beginner's meetings** are specifically focused on new
members seeking to understand more about Al-Anon and how it works and occur around a regular Al-Anon meeting.
Have questions? Our answering service is available for assistance: 603-369-6930.