

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

New Hampshire Alateen Meetings

Second & 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.

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

Londonderry 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, (0)
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

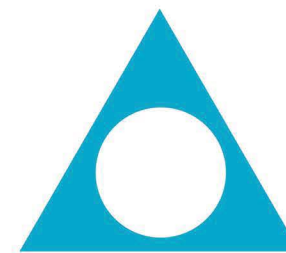
HYBRID Claremont 7:00 PM

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

Al-Anon & Alateen Family Groups New Hampshire Meeting List



• November 20, 2025 •

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

**Please see
the Alanews
& NHAL-Anon.org
calendar
for the latest holiday
& temporary
meeting
announcements**

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 (O)
Triangle Club, 120 Broadway Ave

NH ELECTRONIC 12:00 PM

WSO Group #39987, District 7 (O)
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 (O)
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

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 (O)
ARC/NH, 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 (O)
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 (O)
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 (O)
Emmanuel Church, Community Bldg, 24 Eastern Ave.

HYBRID Wolfeboro 7:30 PM

WSO Group #9047, District 5 (O)
All Saints Episcopal Church 258 S Main St., 2nd floor
Email wolfeboroafg@gmail.com for zoom link

Henniker 8:00 PM

WSO Group #30701763, District 1 (O)
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 (O)
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 (O)
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 (O)
Zoom Meeting ID: 212 3050 669
No password needed.

Newport 6:00 PM

WSO Group #30783139, District 3 (O)
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 (O)
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/delay days

Dover 10:00 AM

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

NH ELECTRONIC 6:00 PM

WSO Group #8995, District 7 (O)
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

WEDNESDAY CON'T**NH ELECTRONIC 6:00 PM**

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

Antrim 6:00 PM

WSO Group #30649607, District 7 (O)
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

Concord 7:00 PM

WSO Group #8974, District 1 (O)
Grace Episcopal Church, 30 Eastman St.
Parish entrance on left side.

NH ELECTRONIC 7:00 PM

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

Nottingham 7:00 PM

WSO Group #60058, District 2 (O)
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 (O)
Zoom Meeting ID: 810 5083 3033 password: 709717

HYBRID Warner 7:30 PM

WSO Group #30734740, District 1 (O)
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 (O)
Triangle Club, 120 Broadway Ave

Hampton 9:30 AM BEGINNERS MTG

Hampton 10:30 AM
WSO Group #44716, District 12 (O)
United Methodist Church, 525 Lafayette Rd. Park in rear,
enter main door, meeting upstairs to front of building

THURSDAY CON'T**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 (O) Journey Church
15 hutchins Drive, Use side door on the left to enter

HYBRID Keene 12:00 PM

WSO Group #61705, District 7 (O)
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

HYBRID Exeter 5:30 PM

WSO Group #30679039, District 2 (O)
First Unitarian Universalist Society of Exeter, 12 Elm St
Meet in Parish Hall, across courtyard, enter door
marked 12, turn right thru big comm room to back room.
Or Zoom Meeting ID: 85450826146 Password: 613051

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 (O)
First Congregational Church 153 Main St.

NH ELECTRONIC 7:00 PM

WSO Group #44541, D10 (O)
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.