

*How Important Is It? • Easy Does It • Progress Not Perfection
Keep an Open Mind • Keep Coming Back • Keep It Simple
Listen and Learn • One Day at a Time • Live and Let Live*
More Al-Anon and Alateen Slogans and their short explanations
can be found under Members Resources at Al-Anon.org.

FRIDAY

Portsmouth 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)
Meet in person: Congregational Church Parish House,
18 Veteran's Square. enter through side door
or Call 978-990-5000 and 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 Bartlett School and Dance Visions
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

Wakefield 7:00 PM

WSO Group #30819455, District 5 (0)
First Congregational Church of Wakefield, 2718 Wakefield Road
Parking lot and entry beside church.
No meeting on public school snow days

Conway 7:30 PM

WSO Group #9026, District 5 (C)
Journey Church, 15 Hutchins Drive
Bad weather? Call 603-323-2058 for zoom instructions

New Hampshire Alateen Meetings

First WEDNESDAY of each month Nottingham 7-8:00PM

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

While anyone may attend an 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

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

NH ELECTRONIC 9:00 AM

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

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 Andrews Church, 678 Whittier Rd
Join us by telephone using free conference call number
605-313-5725, Access Code 1103708

SUNDAY

HYBRID Portsmouth 9:00 AM

WSO Group #30526380, District 12, (0)
Meet in person: Portsmouth Senior Center, 125 Cottage St
or Zoom Meeting 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

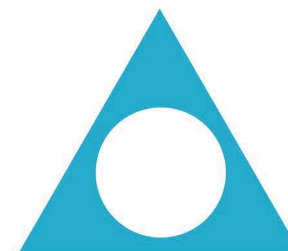
NH ELECTRONIC 7:00 PM

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

Portsmouth 7:00 PM

WSO Group #30609431, District 12, (H,O)
St. John's Episcopal Church, 101 Chapel St.
Use door by parking lot, take left into Parlor room

Al-Anon & Alateen Family Groups New Hampshire



Meeting List

February 7, 2024

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

2024 NH Area Meetings

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

February 17
April 20 • August 17
September 21 • November 16

Assembly Meetings:
(11am - 4pm, GRs vote)
March 16 • May 18 • October 19

AWSC Meetings held at Grace Episcopal Church
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.

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: 480560
Or join using telephone #646-876-9923
Email with questions at district7@nhal-anon.org

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 7:00PM BEGINNERS MTG

WSO Group #62515, District 8 (C)
St. Joseph Urgent Care, 442 Nashua St.
Meeting room to right after main front entrance.
Beginner's welcome at 6pm meeting
No meeting on public school snow days

Manchester 6:30 PM

WSO Group #45304, District 10 (O)
Faithbridge Church, 301 S Main St, use side entrance
On school snow days, group will meet online only at
<https://join.freeconferencecall.com/nhalanond10>.
Access Code 478186# or dial in using (701)802-5298

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

Hampton 6:45 PM

WSO Group #51522, District 12 (O)
Hobbs House, 200 High Street

Peterborough 7:00 PM

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

Rochester 7:30 PM *New 7pm start time begins March 4th

WSO Group #9037, District 2 (O)
Emmanuel Church, Community Bldg, 24 Eastern Ave.

Henniker 7:30 PM ** Meet 2nd & 4th weeks only

WSO Group #30701763, District 1 (O)
Congregational Church, 33 Maple St.
Enter across from church, by left side door, upstairs

Newport 7:30 PM

WSO Group #30783139, District 3 (O) Millie's Place,
Newport Shopping Plaza, 45 John Stark Highway

Wolfeboro 7:30 PM

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

What do the letters mean? (O) means the group welcomes families, friends, and observers.
(C) means the group welcomes families and friends only (not professionals or observers).
(H) means the location is accessible to people with physical disabilities.
Have questions? Our answering service is available for assistance: 603-369-6930.

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)
Common Man Restaurant, 231 Main St.
Enter lobby, turn right, 1st meeting room on right

Hampstead 5:30 PM

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

Concord 7:30 PM

WSO Group #48542, District 1 (O)
Zoom Meeting ID: 843 9741 9212 Passcode: 123456

WEDNESDAY

Exeter 8:00 AM

WSO Group #30818632, 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

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 days

Dover 10:00 AM

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

Antrim 6:00 PM

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

WEDNESDAY CONT

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

NH ELECTRONIC 6:00 PM

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

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 WOMENS MEETING

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

Rochester 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 using Zoom, Meeting ID: 854 6169 2270
Passcode: 260659
Contact: district1@nhal-anon.org with questions

Meredith 7:00 PM

WSO Group #66450, District 4 (H,O)
Meredith Congregational Church, 4 Highland St.

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)
Meet in person: Our Lady of Miraculous Medal Church
289 Lafayette Rd. Meet downstairs

THURSDAY CONT

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

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 #(tbd) District 7 (O)
All Saints Church, 51 Concord St.
Go up path, take left path to grey bldg, enter center door

Manchester 6:30 PM

WSO Group #30611610, District 10 (C,H)
Faithbridge Church, 301 S. Main St.
No meeting on public school snow days

Peterborough 6:30 PM

WSO Group #tbd, District 7 (O)
All Saints Church, 51 Concord St. Go up path toward
church, take left path to grey bldg, enter by center door

Laconia 7:00 PM

WSO Group #8996, District 4 (H)
Congregational Church Parish House, 18 Veteran's SQ.

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

Nashua 7:00 PM BEGINNERS MTG

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

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