

SCHEDULE CODES*	
AA	Alcoholics Anonymous same time & place
AFG	Al-Anon family groups
AL	Al-Anon meeting same time and place
ATC	Alateen meeting same time and place
C	Families and Friends only (Closed meeting): A meeting that is available for Al-Anon members and prospective members only. Anyone who has been affected by someone else's drinking is welcome
M	Men's focus meeting
NH	Meeting not held on holidays
O	Families, Friends, and Observers welcome (Open meeting): A meeting that welcomes observers seeking information about Al-Anon such as professionals, medical personnel, students, reporters, etc., as well as newcomers and members of Al-Anon.
SP	Spanish-speaking meeting
W	Women's focus meeting
WC	Wheelchair Accessible
*	All meetings are non-smoking.

There are currently no Al-Anon/Alateen Institution Meetings available.

Al-Anon Family Group Meetings
 At Al-Anon Family Group meetings, the friends and family members of problem drinkers share their experience, strength, and hope. They learn how to [apply](#) the principles of the Al-Anon and Alateen programs to individual situations. They learn that they are not alone in the problems they face, and that they have choices that lead to greater peace of mind, whether the drinker continues to drink or not...
 Via WSO

THE TWELVE STEPS
1. We admitted we were powerless over alcohol that our lives had become unmanageable.
2. Came to believe that a power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God, <i>as we understood him</i> .
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God <i>as we understood Him</i> , praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to others, and to practice these principles in all our affairs.
Our three Legacies are:
Steps, Traditions, and Concepts.
Member's Phone Numbers:


AL-ANON & ALATEEN FAMILY GROUPS
 For families and friends of alcoholics

Where and When Meeting Schedule
 Hillsborough County
DISTRICT 8

Revised December 12, 2022

Are you troubled by someone's drinking?

IMPORTANT NUMBERS



Hillsborough Co. Al-Anon
813-881-9372
Hillsborough County website for updated maps & info:
www.tampabayalanon.org

Hernando Co. Al-Anon	352-597-5539
Pasco Co. Al-Anon	352-697-0497
Pinellas Co. Al-Anon	727-548-6811
Polk Co. Al-Anon	866-539-3030
Hillsborough County AA	813-933-9123

Al-Anon World Service
1-800-356-9996
[Al-Anon Website: www.al-anon.org](http://www.al-anon.org)
[North Florida Area Website: afgarea9.org](http://afgarea9.org)

Al-Anon Phone Meetings:
 (712) 432-8733, Access Code 52639#