

MONDAY						
*9:30 AM	Back to Basics Wakonda Christian Church 3938 Fleur Drive, Des Moines	*7:00 PM <i>Childcare</i> **	Tuesday Night Step Study Lutheran Church of the Cross SE Entrance of Main Bldg. 1701 8 th St, Altoona	7:30 PM	Creston Survivors Group Crosswoods Mental Health Center 1003 Cottonwood, Creston	
*12:00 PM	Enter on East side of church Monday Brown Bag Faith Lutheran Church 10395 University Rm 201, Clive 45 minute meeting	*** 7:00 PM	First Steps to Freedom Lucas County Health Center 1200 N 7th Street, Conf Rm A Chariton	FRIDAY *7:00 PM **	Courage to Change Al-Anon Mercy Franklin Clinic So. Entrance 1750 48 th St., Rm 4, Des Moines	
*5:30 PM	Steps to Serenity Faith Lutheran Church 10395 University Ave, Clive East Entrance, Room 201	7:30 PM	Tuesday Night White House 1400 Penn. Ave., Des Moines	**	Friday Night AFG Friends Literature Study St. Mark's Lutheran Church Disciple Center, 1105 Grand, WDM	
*7:00PM	Grinnell Step Study AFG First Presbyterian Church 1025 5 th Ave., Grinnell Room off of church entry	*8:00 PM **	Speaker Meeting-3 rd week of the month Tuesday Night WDM AFG St. Mark's Lutheran Church Disciple Center, 1105 Grand, WDM	8:00 PM **	High Hopes-Men's Group 4 th floor, Iowa Lutheran Hospital University at Penn, Des Moines	
*7:00 PM	Ankeny Monday Nite AFG First United Methodist Church Room 314 downstairs 206 SW Walnut, Ankeny Keep It Simple Al-Anon 939 Office Park Rd #113, West Des Moines	WEDNESDAY 12:00 PM	Wednesday Noon Step Study 939 Office Park Rd #113, West Des Moines 45 minute meeting	8:00 PM <i>Childcare</i> ** ***	Frisky Friday Al-Anon St. Paul's Episcopal Church 815 High St., Des Moines	
7:00 PM	Monday Night Parents Iowa Lutheran 1 st Fl Conf, Rm 1 University & Penn Ave Des Moines	7:00 PM	939 Office Park Rd #113 West Des Moines	SATURDAY 8:00 PM **	Saturday Night Step Study Park Ave. Christian Church Fellowship Hall 3301 SW 9 th Street, Des Moines	
7:00 PM	Warren County AFG First United Methodist Church Ashland & B Ave., Indianola	7:30 PM **	Dallas Center Al-Anon United Methodist Church 1504 Walnut St., Dallas Center Back entrance - red canopy	*8:00 PM **	Winterset Christian Church 103 Green St., Winterset	
7:00 PM	Redfield Al-Anon Book Study Redfield Public Library 1112 Thomas St, Redfield	*7:30 PM	Adult Children AFG First United Methodist Church 308 E Robinson, Knoxville	SUNDAY 5:00 PM <i>Childcare</i> ** ***	New Hope AFG (Step Study) Lutheran Church of Hope 925 Jordan Creek Parkway West Des Moines Hope	
8:00 PM **	Monday Night Al-Anon Central Presbyterian Church East Parking lot, 2 nd floor 39 th & Grand, Des Moines	THURSDAY 10:00 AM	Fresh Start Al-Anon Covenant Church 1025 28 th Street, West Des Moines	6:00 PM	St. Stephen's Church 223 E 4 th St N, Newton	
TUESDAY	Tuesday Morning Step Study AFG New Hope United Methodist Church 4525 NW Beaver Ave., Des Moines	5:30 PM	Parents and Others Iowa Lutheran room 481 University & Penn Des Moines	7:00 PM **	Kiss Al-Anon Covenant Christian Church 2700 72 nd St., Urbandale	
*9:30 AM <i>Childcare</i>	Seasons of Hope Plymouth Congregational Church 4126 Ingersoll Ave., Des Moines South Parking Lot, West door	*6:30 PM <i>Childcare</i> **	Finding Hope and Serenity AFG Lutheran Church of Hope 520 NW 36th, Ankeny, Rm 144			
12 noon		*7:00PM <i>Childcare</i> ** ***	Thursday Night Step Study Lutheran Church of the Good Shepherd 3820 SW 9 th St, Des Moines			