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# Dubuque Al-Anon Family Group Meeting



## What Is Al-Anon and **Alateen**?

**Al-Anon** is a mutual support program for people whose lives have been affected by someone else's drinking. By sharing common experiences and applying the **Al-Anon** principles, families and friends of alcoholics can bring positive changes to their individual situations, whether or not the alcoholic admits the existence of a drinking problem or seeks help.

**Alateen**, a part of the **Al-Anon** Family Groups, is a fellowship of young people (mostly teenagers) whose lives have been affected by someone else's drinking whether they are in your life drinking or not. By attending **Alateen**, teenagers meet other teenagers with similar situations. **Alateen** is not a religious program and there are no fees or dues to belong to it.

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## District 11 – Dubuque Al-Anon Family Groups

To get additional information about local and electronic meetings for **Al-Anon & Alateen**, please contact:

**Dubuque Intergroup (AA and Al-Anon/Alateen)** - <https://www.dubuqueaa.org>

\* **Phone Number:** 1-563-557-9196

**Note there is a:** Zoom **Al-Anon / Alateen** Meeting is on Sunday Nights in Dubuque. Please call phone number above for more information.

**Iowa Al-Anon Family Groups** - [iowa-al-anon.org](http://iowa-al-anon.org)

\* **In Person Meetings** - <https://al-anon.org/al-anon-meetings/find-an-al-anon-meeting/>

\* **Electronic Meetings** - <https://meetings.al-anon.org/electronic-meeting-page>