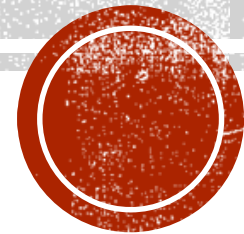


**'ELECTRONICAL RESOURCES
ON THE INTERTUBES'**



TOP 'ELECTRONICAL' RESOURCES

- **The Loop**
 - [Subscribe to the LOOP](#)
 - [Read the LOOP online](#)
- [Online Manuals & Guidelines](#)
- [Just Guidelines](#)
- [Alateen – Teen Corner](#)
- [Alateen Chat](#)
- **Find a Meeting**
 - [Meeting Map](#)
 - [Meeting Finder](#)
 - [Electronic Meeting](#)
- **Calendar**
 - <https://www.vaalanon.org/calendar>
 - <https://al-anon.org/events/>



THE LOOP ONLINE



Make a Visit to the WSO Part of Your Vacation Plans!

A visit to the Office, located at 1600 Corporate Landing Parkway in Virginia Beach, VA, always delivers: you will witness your contributions hard at work delivering the services families and friends of alcoholics

May 10, 2018

[Read More >](#)

Al-Anon's First Contact

In May of 1951, the first letter to the Al-Anon Family Groups was written by Lois W. and Anne B. Below is a copy of the original correspondence. More information and interesting discussion

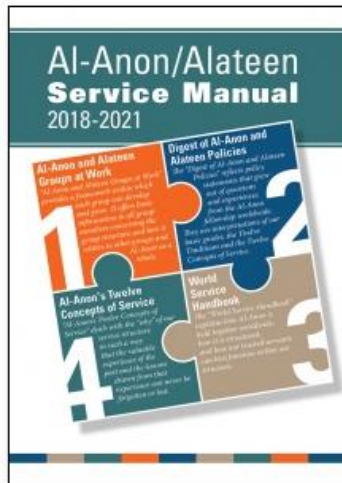
April 26, 2018

[Read More >](#)

Doing for Me...

ONLINE MANUALS & GUIDELINES

Manuals and Guidelines



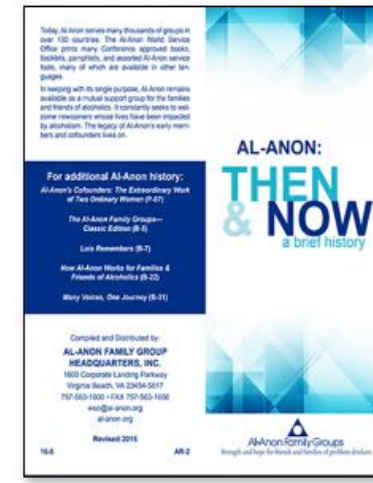
AL-ANON/ALATEEN SERVICE MANUAL



ALATEEN SERVICE MANUAL



GUIDELINES



FREE DOWNLOADABLE ITEMS



ONLINE SERVICE MANUAL


PUBHTML5

i-ii/242

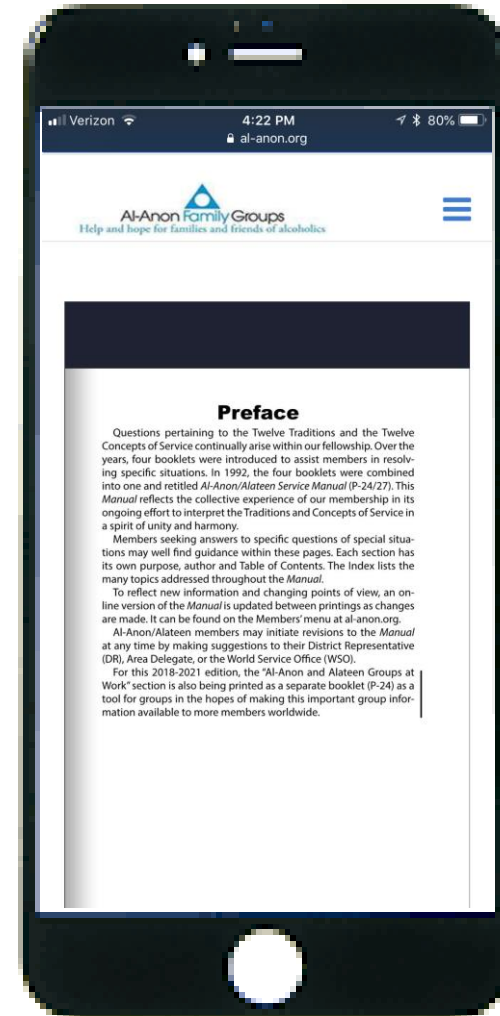
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Navigation icons: search, home, back, forward, refresh, print, download, share, zoom in, zoom out.



MOBILE ONLINE MANUAL



TEEN CORNER



Teen Corner

A place just for teens affected by someone else's alcoholism.

A Flat Tire

The Serenity Prayer and The Three Cs—I did not cause it, I cannot control it and I cannot

[Read More >](#)

HOPE

Recently at a meeting I attended, the topic was hope. The Chairperson shared her thoughts on what hope

[Read More >](#)

Finding True Hope

For a long time I would hope for things that I knew wouldn't come true. Hope for me

[Read More >](#)

I have a relationship with my dad—thanks to Alateen

My entire life, I was aware that my dad was an alcoholic, but it wasn't until my freshman year

[Read More >](#)

My Burdens Weighed Me Down Until I Found Al-Anon

My therapist suggested that I attend Al-Anon. The keyword is "suggested." Believe me, I did not want to

[Read More >](#)

Hope

Alateen has helped me have hope by hearing other people's struggles. I have learned that my problems aren't

[Read More >](#)

Self-Esteem

Before Alateen I would always hurt myself because there was no other way to punish and discipline myself.

[Read More >](#)

My Fears

After my mother assaulted me for not allowing her to drive intoxicated I had a lot of fears.

[Read More >](#)

Teen Relief

I Don't Have To Worry about Coming Home

Courage

Before Alateen, the hardest things

I Found Freedom from



ALATEEN CHAT

Register for Alateen Chat

[Click here to register for an Alateen Chat Meeting](#)

For more information on the Alateen Chat Meetings, please contact Al-Anon Family Group Headquarters, Inc. Group Services Department, wso@al-anon.org

Alateen Chat Safety

The Alateen chat rooms are administered by the Al-Anon Family Group Headquarters, Inc., and hosted by Areas (states/provinces) in our U.S./Canada structure. The meetings are the only online meetings eligible to use the Alateen name. Safety features include:

- Teens aged 13 to 18 can register to attend the Alateen chat meetings.
- Alateen registration is required, with a valid email address.
- Once registered, teens can use their screen name and password to access meetings in all of the Alateen chat rooms.
- Each chat room is hosted by one of the Areas (state/province), and the chat meetings' Alateen Group Sponsors are certified Al-Anon Members Involved in Alateen Service (AMIAS) from that Area.
- Two Alateen Group Sponsors are present for each meeting.
- The Alateen sharings are screened by the Alateen Group Sponsors. This happens very quickly, with no delay; the Sponsors make sure that no personal information or inappropriate language is used in the room.
- Adult Al-Anon members should contact their Area Alateen Coordinator for information on their Area's participation in the Alateen chat meetings.



ALATEEN CHAT

Alateen Chat Times

Eastern Time	Central Time	Mountain Time	Pacific Time
Sunday 3 pm	Sunday 2 pm	Sunday 1 pm	Sunday 12 pm
Sunday 9 pm	Sunday 8 pm	Sunday 7 pm	Sunday 6 pm
Monday 6 pm	Monday 5 pm	Monday 4 pm	Monday 3 pm
Monday 10 pm	Monday 9 pm	Monday 8 pm	Monday 7 pm
Wednesday 7 pm	Wednesday 6 pm	Wednesday 5 pm	Wednesday 4 pm
Wednesday 9:30 pm	Wednesday 8:30 pm	Wednesday 7:30	Wednesday 6:30 pm



MEETING MAP



Find Meetings Near: 2300 Krossridge Ct, Richmond, VA 23236, USA Search Radius 25 miles Advanced Search

Meeting Details:

Al-Anon Alateen English Español Français Other Languages

Meeting Day

Default is All Days. Select only one day at a time if you want specific results

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Advanced Search

Parents With Hope AFG

Wednesday 6:45 PM

St. Francis Hospital Cancer Center

14051 St Francis Blvd Ste 1100,
Midlothian, VA, 23114, USA

Cancer center is a separate building
from the hospital and is located at the
end of the main parking

3.6 miles away

Show meetings with:

- Al-Anon
- Student & Professional observers
welcome
- English
- Handicap Access
- Wednesday
- Parents
- [Report Problem](#)
- 30616272



CLASSIC SEARCH



FIND A MEETING

FIND A MEETING

326 results found

Zipcode

or

City

Advanced Filter Options

Meeting day

Closed Meeting Yes No ?

Meeting types

Beginner Meeting ? Alateen ?

Spanish Speaking ?

Radius

SEARCH

ELECTRONIC MEETINGS

Al-Anon Electronic Meetings

Al-Anon electronic meetings use different online platforms: discussion boards, email, chat, phone and Voice over Internet Provider (VoIP), such as Skype. Each meeting is autonomous in its style, format, and entry procedures and like all Al-Anon meetings, agree to abide by the spirit of the Twelve Traditions. Meetings focus on Al-Anon-related topics, and participants are required to maintain their personal anonymity. Pictures of Al-Anon members and other pieces of personally identifying information are not posted in the meetings. Some participants may have email addresses specifically for the online Al-Anon meeting use and some use pseudonyms.

- Each meeting may have its own entry procedures. Some online meetings have an email contact where a “greeter” will provide the newcomer with specific directions to access the meeting.
- Meetings that don't list a specific meeting time are held 24/7.

The following meetings are currently registered with the World Service Office.

Bulletin Board/Secured Blog

[A SAFE PLACE FOR RECOVERY](#)

[H.O.W. AL-ANON ^](#)

Email Meetings

[A SERENITY PLACE ^](#)

[A TOUCH OF SERENITY AFG *](#)

[AWAKENINGS AFG ^](#)

[COURAGE TO CHANGE AFG * ^](#)

[CYBERSERENITY](#)

[EXPERIENCE, STRENGTH AND HOPE ^ Email Contact](#)

[FIFTH TRADITION AFG^ Email Contact](#)

[FRIENDS OF LOIS ^](#)

Email Meetings (continued)

[MEN'S ONE DAY AT A TIME \(MODAT\) ^ Email Contact](#)

[SERENITY FOR US](#)

[SHARE \(SHARING HOPE AND RECOVERY IN EMAIL\) ^](#)

[STEPS2RECOVERY * ^](#)

[THREE LEGACIES AFG ^](#)

[TRANQUILITY AFG ^](#)

[TRANQUILITY STEP ^](#)

Voice Over Internet Provider (VoIP) (Skype)

[SUNDAY AL-ANON ONLINE Sunday, 7:00 pm CET \(GMT+2\)](#)

[NEW ZEALAND AL-ANON ONLINE RECOVERY Thursday, 7:30 pm \(NZST\)](#)

ELECTRONIC MEETINGS

Phone Meetings

Day/Time (listed in U.S. Eastern Time)	Phone Number	Notes
Saturday 12:00 AM	(712) 432-0075 507988#	book study: reaching for personal freedom-living the legacies (p-92) Also open to professionals / students
Saturday 05:00 AM	(712) 432-8818 8888#	
Saturday 06:00 AM	(712) 432-8733 52639#	Also open to professionals / students
Saturday 06:00 AM	(712) 432-8808 2287#	Also open to professionals / students
Saturday 08:00 AM	(712) 432-8733 52639#	speaker mtg Also open to professionals / students
Saturday 08:30 AM	(712) 432-8818 8888#	step eleven
Saturday 09:30 AM	(712) 432-8773 52639#	Also open to professionals / students
Saturday 10:00 AM	(712) 432-8733 52639#	book study: paths to recovery traditions (b-24) Also open to professionals / students

[PRINT FRIENDLY VERSION](#)



CALENDAR

- Virginia Area Calendar
 - Events - <https://www.vaaanon.org/calendar>
 - Contact webccordinator@vaaanon.org
 - Requests sent by DR's
- WSO Calendar
 - Events - <https://al-anon.org/events/>
 - Submit your event! - <https://al-anon.org/add-calendar-event/>

