

Alano Club of Kent County Meeting Schedule

1020 College Ave NE, Grand Rapids MI 49503 616-456-5709

C- Closed meeting to outside observers, students & professionals.

If you want to add a meeting, see Megan Gogo, Operation Manager, or email
mgogo@gralanoclub.org

Monday

7:30a – RM 1 – Keeps Getting Better – AA
9:00a – RM 2 – Steps to Serenity AFG – Al-Anon
9:00a – Balcony – Breathe Easy – AA
Noon - Balcony - Noon Balcony Group – AA
Noon - RM A - AA Lunch Group – AA
Noon - RM 1 - Surrender Group – AA
Noon - RM 3 - No First Drink – AA
Noon – RM 4 – Promise - AA
Noon – RM B – Keep on Growing – Women’s – AA
Noon – RM 5 – Keep Coming Back – NA-C
4:00 PM – RM 1 - Day Breakers – AA
5:30p – Balcony – Friendship Group – AA- C
6:00p – RM 1 – Just for Today - AA
6:30p – RM 3 – Atheists, Agnostics, & Freethinkers Group
7:00p – RM 2- Friendly Fireside – Al-Anon
7:30p – Balcony -Life Club Group – Men’s Stag C
7:30p – RM 5- Open Change - NA

Tuesday

7:30a – RM 1 – Keeps Getting Better – AA
8:30a – RM A – Native Wisdom- AA
9:00a – Balcony – Breathe Easy - AA
10:00a – RM 2 – Overeaters Anonymous
Noon – RM 5 – Keep Coming Back – NA-C
Noon – RM A – Issues & Tissues -AA
Noon – RM 2 – Blueprint for Progress – Al-Anon
Noon - Balcony - Noon Balcony Group – AA
Noon - RM C - AA Lunch Group – AA
Noon - RM 1 - Surrender Group – AA
Noon – RM 3 - No First Drink – AA
Noon – RM 4 – Promises - AA
4:00 PM – RM 1 - Day Breakers – AA
5:30p – Balcony – Friendship Group – AA- C
6:00p – RM 1 – Just for Today – AA
6:00p – RM C – 12 & 12-Women’s Fireside- AA
6:30p – RM A – SMART Recovery
6:45p – RM 4 – Refuge Recovery – Buddhist Pathway
6:45p – Balcony – The Recovery Barre
7:00p - RM B – Lotus of Hope – Marijuana Anonymous – C
7:30p – RM 5 – Open to Change – NA

Wednesday

7:30a – RM 1 – Keeps Getting Better - AA
9:00a – Balcony – Breathe Easy - AA
9:00a – RM 2- Courage to Change – Al-Anon
Noon - Balcony - Noon Balcony Group – AA
Noon - RM A - AA Lunch Group – AA
Noon - RM 1 - Surrender Group – AA
Noon – RM 2 - Al-Anon Meeting
Noon - RM 3 - No First Drink – AA
Noon – RM 4 – Promises - AA
Noon – RM 5 – Keep Coming Back – NA-C
1:00p – RM C- Back to Basic- AA
4:00 PM – RM 1 - Day Breakers – AA
5:00 PM – RM 3- A Freethinkers Journey – NA
5:30p – Balcony – Friendship Group – AA- C
6:00p – RM 1 – Just for Today – AA
6:30p – RM 4 – Buddhist Recovery
7:30p – Balcony - Dual Diagnosis – DBT
7:30p – RM 5- Open Change – NA
7:30p – RM 1 – Beginners Stag – AA – Men’s
8:00p – RM B - Bond Street Group – AA – Men’s - C
8:00p – Library - B.A.B.B.S – AA – Women’s – C

Thursday

7:30a – RM 1 – Keeps Getting Better - AA
9:00a – Balcony – Breathe Easy - AA
Noon - Balcony - Noon Balcony Group – AA
Noon - RM A - AA Lunch Group – AA
Noon - RM 1 - Surrender Group – AA
Noon - RM 3 - No First Drink – AA
Noon – RM 4 – Promises – AA
Noon- RM 5 – Keep Coming Back – NA-C
Noon- RM B- Keep on Growing - Woman’s-AA
4:00p – RM 1 – Day Breakers – AA
5:30p – Balcony – Friendship Group – AA- C
6:00p – RM 1 – Just for Today - AA
6:30p – RM B – Women’s Way – AA
6:30p – RM A – SMART Recovery
7:30p - RM 3 - Atheists, Agnostics, & Freethinkers Group-AA
7:30p – RM 5 – Natural Life – NA – C
8:00p - Balcony- Young People of Alcoholics Anonymous

Friday

7:30a – RM 1 – Keeps Getting Better – AA
9:00a – Balcony– Breathe Easy - AA
9:00 a-RM 2- Stepping Stones Live-Al-Anon
Noon - Balcony - Noon Balcony Group – AA
Noon - RM A - AA Lunch Group – AA
Noon - RM 1 - Surrender Group – AA
Noon – RM C – Living Sober Book Study - AA
Noon - RM 3 - No First Drink – AA
Noon – RM 2 – Reaching for Personal Freedom – Al-Anon
Noon – RM 4 – Promises - AA
Noon – RM 5 – Keep Coming Back – NA-C
4:00 PM – RM 1 - Day Breakers – AA
5:30p – Balcony – Friendship Group – AA- C
6:00p – RM 1 – Just for Today – AA
7:00p – Balcony- KCCO Speaker MTG – AA
7:30p- RM 1 – Beginners Stag - AA- Men's

Sunday

9:00a – Balcony – Breathe Easy - AA
9:30a - RM 1 – Expect a Miracle – AA
9:30a – RM 2 -Sunday Serenity – Al-Anon
9:30a- RM 3- The Breakfast Club- AA
9:30a – RM A – Grain of Sand - AA
11:30a – RM A- SMART
Noon – RM 3- Sunday Funday-AA
5:00 PM – RM 3- A Freethinkers Journey-NA
5:00 PM – RM 1 – ACA Workbook- ACA - C
5:30p – Balcony- Friendship Group-AA-C
6:00p-RM 1- Grand Rapids North ACA
7:00p- Library – Trauma & The 12 Steps- Woman Only
7:00p – RM 2 – Opening Our Hearts – Al-Anon
7:00p – RM 5 – Sunday Night 12&12 – AA
7:15p – RM 1- Loving Parent- ACA – C
7:30p – RM 4- Open to Change – NA (Speaker meeting last Sunday of the month in Balcony)

Saturday

8:30a- RM A- Food Addicts in Recovery Anonymous- FA
9:00a – Balcony – Breathe Easy - AA
9:00a – RM 3 – John Wayne Meeting – AA
10:00a – RM 2 – AL-ANON
11:00a – RM 5 – Lotus of Hope - MA
11:30a – RM A - SMART Meeting
Noon- Library – Ala-teen
Noon – Balcony - Men's Stag – AA
Noon - RM 1 - Surrender Group – AA
Noon -RM B – Woman Finding Solution's – NA -C
Noon - RM 2 – Saturday Sunshine – Al-Anon
3:00p – RM A – Bring your Truth – AA- LGBTQ+ Friendly
5:30p – Balcony – Friendship Group – AA- C
6:00p – RM 1 – Just for Today – AA
7:30p – Balcony – Saturday Night Live - AA
7:30p – RM 5- Open to Change – NA

