

Santa Barbara Area and Santa Ynez Valley Al-Anon & Alateen

Virtual/In Person Meeting Directory & Info

Last Updated APRIL 9, 2024
(Current color = Purple)

*denotes recent update
All meetings have waiting rooms (no
passcodes needed)

Sunday

Progress Not Perfection 11:00 am
<https://zoom.us/j/2348051000> or
By phone dial (669) 900-9128 Meeting ID:
234-805-1000 (#30642395)

Experience, Strength & Hope 1:00pm
HYBRID -
Friendship Center All Saints Church
Montecito - see website for info
<https://us02web.zoom.us/j/87116147958>
or By phone dial (669) 900-9128 Meeting
ID: 871-1614-7958 (#30538392)

Monday

Easy Does It IN PERSON Noon
Montecito Covenant Church
671 Cold Springs Rd. Montecito,
Fellowship Hall in the central courtyard
(#54447)

Keep It Simple Noon
<https://zoom.us/j/8052342000> or
By phone dial (669) 900-9128 Meeting
ID: 805-234-2000
(#30557154)

Paths to Recovery 6:00 pm
HYBRID Book Study, Step a month mtg
<https://zoom.us/j/2348051000> or
By phone dial (669) 900-9128 ID:
234-805-1000 Unity Church of SB 227 E
Arrellaga St, SB 93101
(#61334)

Relationships in Recovery 5:30 pm
Book Study (rotation of Al-Anon Literature)
<https://zoom.us/j/8052342000> or By phone
dial (669) 900-9128 Meeting ID: 234-805-2000
(#53953)

Tuesday

One Day at a Time - HYBRID Noon
<https://zoom.us/j/2348051000> or By phone
dial (669) 900-9128 Meeting ID:
234-805-1000 Unity Church 227 E.
Arrellaga St. SB 93101 in Chapel
(#53469)

Al-Anon for Men (Men only) 6:00pm
HYBRID Good Shepherd Lutheran
Church 380 N. Fairview Ave, Goleta
Rm 14 for Info Don H. 805.280.8624 OR
<https://tinyURL.com/MensAlanonSB> or By
phone dial (669) 900-9128 Meeting ID:
234-805-1000 (#503856)

Beginners Meeting* 6:00 pm
**starting March 1st, only meeting 2nd &
4th Tuesdays of the month**
<https://zoom.us/j/8052342000> or
By phone dial (669) 900-9128 Meeting
ID: 805-234-2000 - Questions? Call the
Coordinator, Marie F, 805.699.5531
(#30555454)

Be Good to Yourself *6:30 pm
(IN PERSON)
Faith Lutheran Church, 1335 Vallecito Pl
Carpinteria, CA 93013-1431
(#30545452)

Keep Coming Back 8:00 pm
Literature Study Meeting
<https://zoom.us/j/8052343000> or
By phone dial (669) 900-9128 Meeting
ID: 805-234-3000 (#29412)

Wednesday

Step Into Serenity 8:30 am
Steps & Traditions Study meeting <https://zoom.us/j/2348051000> or
By phone dial (669) 900-9128 Meeting
ID: 234-805-1000 (#30666574)

Reaching for Personal Freedom* Noon
Workbook Study **IN PERSON** First
Congregation Church of SB 2101 State St
- Dorcas Room
(#30660065)

Keep an Open Mind 6:00 pm
4th Step Study
<https://zoom.us/j/2348051000> or
By phone dial (669) 900-9128 Meeting ID:
234-805-1000
(#30535838)

Los Olivos Family Group *
DISBANDED - Meeting ID: (#30562450)

Thursday *5:30pm

Food for The Soul (IN PERSON) 11th
Step Meeting - Friendship Center
Montecito, 89 Eucalyptus Lane SB 93108
Masks Required & no restrooms
(#30700713)

Isla Vista AFG 6:30 pm
<https://zoom.us/j/8052343000> or
By phone dial (669) 900-9128
Meeting ID: 805-234-3000
(#30699475)

Friday

Serenity Meeting 8:30 am
<https://zoom.us/j/2348051000> or
By phone dial (669) 900-9128 Meeting
ID: 234-805-1000
(#30532428)

Easy Does It (IN PERSON) Aland 0:00 am
Club
1676 Oak St. Solvang 93463
(#1702)

Back to Basics HYBRID Noon
<https://zoom.us/j/8052343000> or
By phone dial (669) 900-9128
Meeting ID: 805-234-3000 - Unity
Church 227 Arrellaga St, SB 93101 in
Chapel (Please wear a mask) (#53412)

Saturday

Hope for Today Literature 11:00 am
Study Group
IN PERSON 677 N. Turnpike (#500920)

Tell It Like It 11:00 am
<https://zoom.us/j/8052342000> or
By phone dial (669) 900-9128 Meeting ID:
805-234-2000
(#30639750)

Alateen* Keep It Simple

*teens only: 12 - 18 years of age resuming
IN PERSON June 1, 2024
Turnpike Church of Christ 677 N Turnpike
Road in Goleta
(#30827400)

Al-Anon en Español

todas las reuniones en persona

Domingo

Grupo Valor para Cambiar 7 - 8:30 pm
5960 Mandarin Dr, Goleta
(#30660237)

Miércoles 5 - 7:00pm
Grupo Nuevo Amanecer
Daniel Bryant Center - 1111 Garden St
Santa Barbara
(#30590509)

Información

Graciela (805) 403-4907
Rosario (805) 698-8484

AI-Anon Phone & Fax Numbers

Santa Barbara Info Line.....(805) 899-8302
Info Line Coordinator (OPEN)
District 8 Representative (Alejandra O.....(805) 252-2213
Alternate District 8 Representative (Jessie)>.....(805) 252-7076
Alateen Coordinator (Nancy P).....(972) 898-8133
Public Outreach Coordinator (OPEN).....
Public Outreach español (Graciela)... (805) 403-4907
Información en español (Graciela)... (805) 403-4907
Información en español (Rosario)... (805) 698-8484
Institutions Coordinator (John L)..... (805) 705-1055
Zoom Coordinators(Steve W 805.617.0199 & Mala P 858.774.2455)
Literature Coordinator, Dist 8 (Jeanne)..... (805) 451-5463
Beginners Meeting Coordinator (Marie F).....(805) 699-5531
Meetings Outside Santa Barbara.....(888) 425-2666
AFG Headquarters, Inc... (757) 563-1600
AFG Headquarters, Inc. FAX.....(757) 563-1655
AA Central, Santa Barbara.....(805) 962-3332
Daily AI-Anon national telephone meeting.....(712) 432-8733
Daily national telephone meeting access code... 52639#
Changes to this meeting list (Mala P) (858) 774-2455
Web site: comments-suggestions webmaster@alanonsantabarbara.info

Online Addresses

AFG = AI-Anon Family Groups

Santa Barbara/AFG District 8 AI-Anon Web Site

<http://www.AlanonSantaBarbara.info/>

"District 8 Members-Only" Password: sbafg

En Español *

<https://al-anon.org/es/reuniones-de-al-anon/reuniones-electronicas/>

AI-Anon District 8 Email Newsletter Signup

<http://www.AIAnonSantaBarbara.info/Newsletter>

North Santa Barbara Central Coast District 3

<http://www.al-anoncentralcoast.org>

Southern California AI-Anon/Alateen Web Site

<http://www.scws-al-anon.org>

AI-Anon/Alateen Web Site

<http://www.al-anon.alateen.org>

Online AI-Anon Outreach

<http://www.ola-is.org>

National Daily AI-Anon telephone meetings

<http://www.alanonphonemeetings.org>

REMINDERS

Saturday Speakers Meeting

Second Saturday of Every Month: 7:00- 8:30pm

<https://zoom.us/j/8052342000> or by phone
dial (669) 900-9128 Then Meeting ID: 805-234-2000

(#30557695)

District 8 Meeting

Second Tuesday of Every Month - All are Welcome

6:15-7:30 pm
<https://zoom.us/j/8052343000> or by phone
dial (669) 900-9128 Then Meeting ID: 805-234-3000

Suggested Group Contributions

(Suggested %; Form online in Members-Only Dist 8 Procedures
Include Group Day/Time/WSO Group ID Number on your
check) District 8 Treasurer, Debra (805) 680-1704

AFG District 8 Santa Barbara, c/o Treasurer
PO BOX 30428
SANTA BARBARA CA **93130-0428** 75%

Southern California World Service (SCWS), c/o Treasurer
10073 VALLEY VIEW ST # 260
CYPRESS CA **90630-4601** 15%

AI-Anon Family Groups Headquarters (WSO)
1600 CORPORATE LANDING PKWY
VIRGINIA BEACH VA **23454-5617** 10%

Other Group Contributions: None at this time

We welcome you to the AI-Anon Family Group and hope you will find in this fellowship the help and friendship we have been privileged to enjoy.

We who live, or have lived, with the problem of alcoholism understand as perhaps few others can. We, too, were lonely and frustrated, but in AI-Anon we discover that no situation is really hopeless, and that it is possible for us to find contentment, and even happiness, whether the alcoholic is still drinking or not.

We urge you to try our program. It has helped many of us find solutions that lead to serenity. So much depends on our own attitudes, and as we learn to place our problem in its true perspective, we find it loses its power to dominate our thoughts and our lives.

The family situation is bound to improve as we apply the AI-Anon ideas. Without such spiritual help, living with an alcoholic is too much for most of us. Our thinking becomes distorted by trying to force solutions and we become irritable and unreasonable without knowing it.

The AI-Anon program is based on the Twelve Steps (adapted from Alcoholics Anonymous), which we try, little by little, one day at a time, to apply to our lives, along with the slogans and the Serenity Prayer. The loving interchange of help among members and daily reading of AI-Anon literature thus make us ready to receive the priceless gift of serenity.

---AI-Anon Alateen Service Manual

Reprinted with permission, AI-Anon Family Group Headquarters

All meetings are:

- **Virtual, in person or Hybrid**
- **held as listed, even on holidays (check S.B. website)**
- **one hour long (unless noted)**
- **topic sharing (unless noted)**
