

## AL-ANON MEETINGS

### Sunday

**Principles Above Personalities AFG, 6:30PM (F)**  
YANA Club  
107 Mathews Dr. Hilton Head, SC 29926

### Monday

**Monday Brown Bag AFG, 12 Noon (F)**  
Carteret Street Methodist Church  
408 Carteret St., Beaufort, SC 29902  
Newcomers Welcome at 11:30AM

**Just For Today AFG, 6:00PM (F)**  
St. Luke's Methodist Church  
3080 Okatie Hwy, Okatie, 29909  
Newcomers Welcome at 5:30PM

### Tuesday

**Harmony AFG, 6:30PM \* (F)**  
Westbury Office Park  
11 Arley Way Suite 101, Bluffton, SC 29910

### Wednesday

**The New Beginnings AFG, 11:00AM (F)**  
Grace Coastal Church  
15 Williams Dr., Okatie, SC 29909  
Newcomers Welcome at 10:15AM

**Keeping An Open Mind Midweek AFG, 5:30PM \* (F)**  
YANA Club  
107 Mathews Dr. Hilton Head, SC 29926

### Thursday

**Thursday Night Serenity AFG, 7:30PM (F)**  
Lowcountry Outreach Center  
80 Lady's Island Dr, Beaufort, SC 29907

### Friday

**HH Friday Luncheon AFG, 12:15PM \* (F)**  
YANA Club  
107 Mathews Dr. Hilton Head, SC 29926

### Saturday

**Surrender AFG, 10:00AM (F)**  
All Saints Episcopal Church  
3001 Meeting Street, Hilton Head, SC 29926  
*Meets upstairs in the "Upper Room"*

### Saturday

**In Step AFG, 12:15PM (Hybrid) (O)**  
All Saints Episcopal Church  
3001 Meeting Street, Hilton Head, SC 29926  
*Meets upstairs in the "Upper Room"*  
Zoom info on <https://al-anon-lowcountry.org>

## ALATEEN MEETINGS

No Alateen groups currently in District 6, please refer to <https://al-anon-lowcountry.org/alateen>

## ELECTRONIC MEETINGS

Al-Anon Beaufort County hosts several virtual groups & meetings each week.

### Sunday

**E-Lowcountry AFG, 12:15PM (F)**  
[Discussion, Family & Friends Only]

### Monday

**Searching and Fearless AFG, 7:00PM (F)**  
[Read aloud Book Study, Family & Friends Only]

### Wednesday

**Celebration of the Spirit AFG, 7:00PM (F)**  
[Read aloud Book Study, Family & Friends Only]

### Saturday

**In Step AFG [HYBRID], 12:15PM (O)**  
[Step Study Discussion, Observers Welcome]

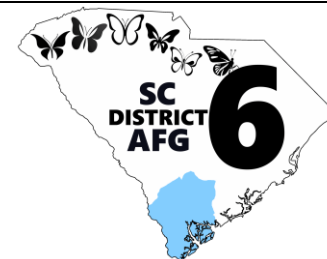
Our website, <https://al-anon-lowcountry.org> has Zoom IDs, passcodes and any other information needed to access these electronic meetings.

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**Meeting code for details:**

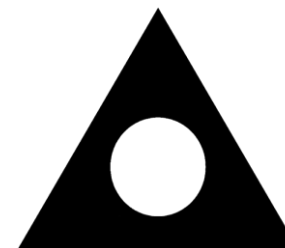
\* AA meeting held at same time and location as Al-Anon or Alateen meeting.  
\*\* AA, Al-Anon & Alateen meetings are held at same time and location.

(F) = Families & Friends **only**

(O) = Family, Friends & **Observers** Welcome



## Are You Concerned About Someone's Drinking?



Al-Anon / Alateen Meeting Schedule for

## Beaufort County

*Beaufort | Bluffton | Hilton Head | Okatie*

### E-MAIL

alanonbeaufortcounty@hotmail.com

### Voice Mail

843-785-9630

### Website

www.al-anon-lowcountry.org

**PRINT DATE: JUNE 6, 2026**

Millions of people are affected by excessive drinking of someone close. The following twenty questions are designed to help you decide whether or not you need Al-Anon / Alateen.

1. Do you worry about how much someone else drinks? \_\_\_\_
2. Do you have money problems because of someone else's drinking? \_\_\_\_
3. Do you tell lies to cover up for someone else's drinking? \_\_\_\_
4. Do you feel that if the drinker loved you, he or she would stop drinking to please you? \_\_\_\_
5. Do you blame the drinker's behavior on his or her companions? \_\_\_\_
6. Are plans frequently upset or cancelled or meals delayed because of the drinker? \_\_\_\_
7. Do you make threats, such as, "If you don't stop drinking, I'll leave you?" \_\_\_\_
8. Do you secretly try to smell the drinker's breath? \_\_\_\_
9. Are you afraid to upset someone for fear it will set off a drinking bout? \_\_\_\_
10. Have you been hurt or embarrassed by a drinker's behavior? \_\_\_\_
11. Are holidays and gatherings spoiled because of drinking? \_\_\_\_
12. Have you considered calling the police for help in fear of abuse? \_\_\_\_
13. Do you search for hidden alcohol? \_\_\_\_
14. Do you often ride in a car with a driver who has been drinking? \_\_\_\_

15. Have you refused social invitations out of fear or anxiety? \_\_\_\_
16. Do you sometimes feel like a failure when you think of the lengths you have gone to control the drinker? \_\_\_\_
17. Do you think that if the drinker stopped drinking, your other problems would be solved? \_\_\_\_
18. Do you ever threaten to hurt yourself to scare the drinker? \_\_\_\_
19. Do you feel angry, confused or depressed most of the time? \_\_\_\_
20. Do you feel that there is no one who understands your problem? \_\_\_\_

### **Family & Friends Only vs Observers Welcome**

**Families and Friends only (F): A meeting that is available for Al-Anon members and prospective members only. Anyone who has been affected by someone else's drinking is welcome. If you're new and trying Al-Anon to see if it's right for you, you're a prospective member.**

**Families, Friends and Observers welcome (O): A meeting that welcomes observers seeking information about Al-Anon such as professionals, medical personnel, students, etc., as well as newcomers and members of Al-Anon.**

**Assume a meeting is Family & Friends Only if you can't find identifying information.**

**Our meeting schedule has (FF) or (OBS) next to each meeting to specify whether it is Family & Friends Only OR Family, Friends & Observers Welcome.**

**IF WE LEARNED ANYTHING IN 2020, IT IS THAT THIS SCHEDULE CAN CHANGE!**

*We encourage you to check our website, [www.al-anon-lowcountry.org](http://www.al-anon-lowcountry.org) before your meeting to make sure there were no last-minute changes or cancelations reported and posted on our website. Sometimes venues become unavailable or something comes up causing a last minute cancellation of a meeting for that week.*

**Beaufort County Al-Anon - Alateen**  
[alanonbeaufortcounty@hotmail.com](mailto:alanonbeaufortcounty@hotmail.com)

**Telephone Voice Mail Service:**  
**843-785-9630**

Leave a message and a member will return your call with care & anonymity

**For more on SC Alateen:**  
[sc\\_alateen@yahoo.com](mailto:sc_alateen@yahoo.com)

**For SC Al-Anon/Alateen visit:**  
[www.al-anon-sc.org](http://www.al-anon-sc.org)

**For worldwide Al-Anon/Alateen:**  
*World Service Office*  
*Al-Anon/Alateen Family Group*  
*Headquarters, Inc.*  
1600 Corporate Landing Pkwy  
Virginia Beach, VA 23454-5617  
1-888-4-alanon (1-888-425-2666)  
[www.al-anon.org](http://www.al-anon.org)