

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

Keeping It Simple AFG, 6:30pm (F)
Compassion Church
149 State Street, Bluffton, SC 29910

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"

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

District 6 hosts several virtual meetings weekly.

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]

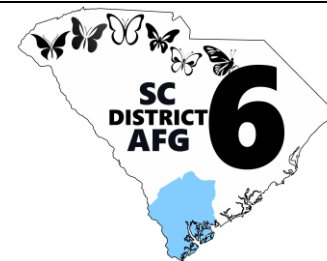
Our website, <https://al-anon-lowcountry.org> has Zoom IDs, passcodes and any other information needed to access these electronic meetings.

Meeting code for details:

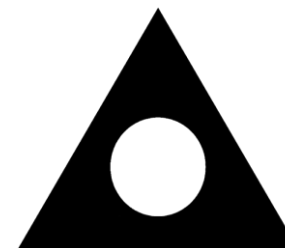
* AA meeting held at same time and location as Al-Anon or Alateen meeting.
** AA, Al-Anon & Alateen meetings are held at same time and location.

(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: August 8, 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 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

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

For SC Al-Anon/Alateen visit:
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*