

AL-ANON

for families & friends of alcoholics



Pennsylvania Centre Region Al-Anon Groups

- Milesburg - **Milesburg Presbyterian Church**, Fridays, 8:00-9:00 p.m. (AA and Al-Anon meeting)
- Mill Hall - **Presbyterian Church**, Wednesdays, 8:00-9:00 p.m.
- State College (Friday) - **University Baptist and Brethren Church**, Fridays, 7:00-8:00 p.m.
- State College (Sunday) - **Faith United Church of Christ**, Sundays, 7:00-8:00 p.m.

For directions to these meetings, see the back side of this flier. For the most current information on these meetings, visit our website at,

www.personal.psu.edu/mhb4/al-anon

What is Al-Anon?

Al-Anon Family Groups are a fellowship of relatives and friends of alcoholics who share their experience, strength, and hope in order to solve their common problems. Many people who have problems with someone else's drinking, substance abuse, or any other addiction are able to find help by attending Al-Anon.

One of the popular misconceptions about Al-Anon is that we can somehow help you "manage" the alcoholic or addict in your life. Nothing could be further from the truth. Instead, we start by admitting that we are "powerless over alcohol--that our lives had become unmanageable." If we are powerless over alcohol, then certainly we are powerless to change the alcoholic. We cannot change the alcoholic; we can only change ourselves through the 12 Steps with the help of our Al-Anon groups and, especially, the God of our Understanding. Accordingly, at Al-Anon we don't focus on the alcoholic in our lives; instead, we focus on ourselves and how we can find recovery whether or not the alcoholic in our lives is in recovery. We invite those of you who think you might find help among us to attend and see if you, too, will find the wonderful gift of serenity through one or more of our Al-Anon groups.

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Directions to Our Centre Region Al-Anon Meetings:

Note: if you arrive at one of our meetings and it is already in progress, please come in anyway. We will welcome you and continue with our meeting.

Milesburg - Meets at the Milesburg Presbyterian Church (814) 355-0890 at 103 Turnpike Street in Milesburg. Call church for explicit directions to the meeting.

Mill Hall - Meets at the Presbyterian Church (570) 726-4112 at 109 Main St. in Mill Hall. Enter the front door, and the meeting room is straight in front of the front door. The contact person for this group is Donna at (814) 625-2657.

State College (Friday) - Meets at the University Baptist and Brethren Church (814) 237-2708 at 411 S. Burrowes St. in State College. From W. Beaver Ave. (State Route 26) (Beaver is a one-way street), take a right on Burrowes St., go past W. Nittany Ave. and look to the left. The church is a gray stone structure and is between W. Nittany Ave. and Robin Alley (Burrowes Ave. dead ends one street past the church at W. Fairmount Ave.). You should find available parking on Burrowes Ave. or on one of the other streets near the church. The entrance to the meeting is off the side door of the church on Robin Alley (there are two side doors; the one you want has a sign on the door that says “Pastor’s Study” and “Church Office”). Go through the door, down the stairs, through the door at the bottom of the steps, which opens up to the meeting room.

State College (Sunday) - Meets at the Faith United Church of Christ (814) 237-3904 on the corner of E. College and Locust Lane in State College. Enter the door off of Locust Lane that says “Church Office.” Take the elevator to the third floor. Exit the elevator and go to the left. The meeting room is immediately down the hall to the right. Please do not park behind the church. On Sunday, parking is free in several areas around the church. Covered parking can be found at the McAllister Street Parking Deck, a block west of the church (between E. College and E. Beaver Avenues) and is usually free (signs are posted when the meters must be utilized).

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