

**Al-Anon Parents Meetings — Zoom and Hybrid Meetings and audio recordings in the SF Bay Area and other areas; National Parent Zoom Meeting list; Monthly SF Bay Area District Meetings; AA Monthly Speaker Meeting; Steps, Traditions, Slogans, Concepts Study Group; and NYC Share-A-Day — as of 10/29/22**

**2 New Meetings, National List, and AA audio recordings added:**

1. **Al-Anon and the Adoption Experience (for Adoptive Parents, Family Members, Adoptees, and Birth Parents). See Sunday below.**
2. **For Parents Who Have Lost a Child to the Disease of Addiction. See Thursday below.**
3. **National Parent Zoom Meeting List. See last entry below.**
4. **Danville-Diablo Monthly meeting now has audio recordings of their speakers. See first entry under District Meetings below.**

Here's our Parents Meetings in northern CA — District 14 (Pleasant Hill, Walnut Creek, San Ramon, etc.), District 11 (Marin), District 26 (Berkeley/Albany, El Cerrito, etc.), and District 15 (Oakland) Al-Anon Family Groups. **All meetings are Pacific Standard Time. All meetings are on Zoom, except for those indicated as hybrid.**

Below is a list of all the Parents Meetings that we are aware of in our area. I added some info about the various groups so you will know the formats.

**To access these meetings by phone: Dial 669-900-6833** and follow the prompts to enter the Meeting ID and Password numbers. When it asks for “participant number”, just press #.

To unmute so you can speak in the meeting, press \*6 (star 6).

To mute after speaking, again press \*6 (star 6)

At the bottom of the list is the way **to get recordings of the speakers at the Saturday morning Parents Meeting**. They have a library of over 2 years of speakers, mostly parents. **There is also zoom contact info for Monthly District Speaker Meetings, including a great AA one.**



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**Al-Anon and the Adoption Experience (Adoptive Parents, Adoptees, Family members, and Birth Parents) in Al-Anon Recovery — Sundays, 9-10:15am PST**  
Speakers every Sunday.

**Join Zoom Meeting**

**<https://us02web.zoom.us/j/89269248409?pwd=Q1NIR20zMkRuR1VvRHgwYnBBRTh3QT09>**

Meeting ID: 892 6924 8409  
Password: 108 287

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**Sunday Morning Parents Meeting — 8am - 9:15am PST**

Speakers each week. Very warm and welcoming group. Usually around 125 people.

Meeting ID: 864 3817 3080  
Password: 023 641

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**San Ramon Parents Al-Anon Meeting — Sundays, 6:30 -8pm PST**

Speakers every Sunday. First Sunday of the month, speaker talks on Step of the month.

**Join Zoom Meeting**

<https://us02web.zoom.us/j/86107640626?pwd=U2VxQXVaSUhabGVScThSzk3RWwwUT09>

Meeting ID: 861 0764 0626  
Password: 288 344

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**Walnut Creek Parents Al-Anon Meeting — Mondays, 7:30pm-9pm PST and  
Newcomers Meeting every Monday, 7 - 7:30pm PST  
Hybrid meeting now at Hillside Covenant Church, 2060 Magnolia Way, WC**

Speakers every week except 1st Monday of the month when we read the Step of the month from Paths to Recovery.

Join the meeting through this link:

<https://zoom.us/j/9838218499?pwd=VUlzcTF0RzljMmw3WFpuMWxOZ2ZrUT09>

Meeting ID: 983 821 8499  
Password: 233 961

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**Marin Parents Al-Anon Meeting — Wednesdays, 6pm - 7pm PST**

Speaker once a month, usually the 2nd Wednesday of the month. They read from *How Al-Anon Works* the rest of the month.

**Hybrid meeting now at Unitarian Universal Church, Fireside Room,  
240 Channing Way, San Rafael**

Meeting ID: 825 916 587 56  
Password: 77 55 33

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**Santa Monica Parents Al-Anon Meeting — Wednesdays, 7:30-8:30pm PST**  
Speaker meeting each week.

Meeting ID: 985 4743 7848  
Password: Serenity

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**Oakland Parents Al-Anon Meeting — Wednesdays, 7pm - 8pm PST**  
Used to be a short speaker share followed by members sharing

Join Zoom Meeting through this link:  
<https://us04web.zoom.us/j/680072282?pwd=M2U4YjZlbnkVWV0oxZlZyb0wrQ1VVUT09>

Meeting ID: 680 072 282  
Password: 094 395

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**Thursdays, 6-7pm PST. Al-Anon Meeting. Zoom only.**  
**Healing Parents Who Have Lost a Child to the Disease of Addiction**

Meeting ID: 821 77 868 566  
Password: Healing4U

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**Sherman Oaks Parents Meeting — Fridays, 7-8:25pm PST.**  
Newcomer Breakout Room: Starts at 8:25pm PST.

Join Zoom Meeting through this link:  
<https://us02web.zoom.us/j/118964182?pwd=ZmR3VVlaU3FGQ1gyI1Y4a1cwY0F2Zz09>

Meeting ID: 118 964 182  
Password: 729287

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**Mill Valley Parents Al-Anon Meeting — Saturdays, 10am-11:30am PST**

Largest parent meeting in the area, often over 100 parents. Very strong recovery. Speakers every Saturday except 1st Saturday of the month when we read the Step of the month in How Al-Anon Works.

**Hybrid meeting now at United Methodist Church of Mill Valley,  
410 Sycamore Ave., Mill Valley**

Join Zoom Meeting through this link:

<https://us02web.zoom.us/j/569978070?pwd=aTkyL1QwL2lFK2dIWlAwcVpIQ09EZz09>

Meeting ID: 569 978 070

Password: 123 905

**Speaker Audios Now Available for Downloading or Streaming**

**Miss a meeting? Like to hear one of our Saturday morning Mill Valley speakers?  
Now you can!**

**Just enter this web link into your browser:**

**<http://bit.ly/millvalleyalanon>**

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**Albany Parents Al-Anon Meeting— Saturdays, 2-3pm PST**

Used to be a small, 10-15 people meeting. Some people with lots of recovery.

Link available on District 26 website

Meeting ID #: 177 136 530

Password: 863 496

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**See Below for Highly recommended Monthly District Meetings — AA and Al-Anon:**

Typically over 100 people. Al-Anon meetings: One-two speakers. No sharing from others in attendance. First meeting below is AA Monthly District Meeting. This is my favorite District meeting. Very inspiring speakers.

**Danville-Diablo Monthly Open\* Alcoholics Anonymous Speaker meeting — 1st  
Saturday of each month — 8-9:30pm PST**

**Hybrid meeting now at Community Presbyterian Church,  
222 W. El Pintado Place, Danville**

\*Open means anyone can attend — not just alcoholics.

**For Zoom Link, go to: [ddsm.org](http://ddsm.org)**

Meeting ID #: 885 8083 9460 (new as of 10/1//22)

Password: 146 975

**Speaker Recordings | [ddsm](http://ddsm.org)**

<https://danvillediablosm.wixsite.com/ddsm/speaker-recordings>

Al-Anon recommends attending open AA meetings to learn about and understand alcoholism. (I think it can give us greater understanding of the power of any addiction.) This is a great meeting to do that. Excellent speakers. Basic format: Only 1 Speaker per meeting who shares for about 40-45 minutes. No sharing from members. Very inspiring speakers with incredible stories. Provides lots of hope and upliftment for those of us walking the Al-Anon side of the street. People who often have reached incredible lows, but who have turned to Recovery. Al-Anons don't include themselves as newcomers. We are just guests.

Meeting ID: 948 272 068 66  
Password: 146 975

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**District 16 Monthly Al-Anon Speaker meeting — 2nd Saturday of each month, 7:30-9:30pm**

Not sure how many people attend. No sharing from others in attendance.  
Basic format: One AA speaker. One Al-Anon speaker.  
Special feature: They give birthday chips (how long in program) all the way down to 30 days, maybe even 1 day, 1 week.

Meeting ID: 811 3449 5447 (new contact info as of 8/2021)  
Password: 003248

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**District 17 Monthly Al-Anon Speaker meeting — 3rd Saturday of each month, 7-8:30pm PST**

Typically over 100 people. No sharing from others in attendance.  
Basic format: One AA speaker. One Al-Anon speaker.

Meeting ID: 982 8385 0011  
Password: 17 (just the number 17)

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**District 14 Monthly Al-Anon Speaker meeting — 4th Saturday of each month, 7-8:30pm PST**

Typically over 100 people. Sometimes more. No sharing from others in attendance.  
Basic format: One AA speaker. One Al-Anon speaker. Hybrid meeting.

Meeting ID: 822 929 317 79  
Password: 326 066

In-person:  
Creek Side Community Church  
1350 Danville Blvd.  
Alamo, CA

**District 14 Speaker Recordings Available**

Go to [al-anoncontracosta.org](http://al-anoncontracosta.org)  
Click on Menu item: Recovery Resources  
A sub-menu shows up that is called Speaker Meeting Recordings.  
There's a list of speakers. The list identifies them as AA or Al-Anon.

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**Steps, Traditions, Slogans, and Concepts Meeting — Thursdays, 7-8pm PST**

Read from *Al-Anon's Twelve Steps and Twelve Traditions (the 12x12)* and *How Al-Anon Works*. Read Step and Tradition of the month. The Step and Tradition from the 12 x 12 are covered the first 2 weeks of the month; the Step and Tradition from *How Al-Anon Works* are covered the last 2 weeks of the month. Members share after the reading.

Meeting ID: 873 4923 4961  
Password: 081 795

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**District 26 Third Friday Speaker Meeting — Berkeley, 7:15-8:45pm PST**  
3rd Friday of the month ONLY

Meeting ID: 692 090 488  
Password: 830 106

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**Share-A-Day — Monthly 1/2 day workshops on Great Topics — Saturdays**  
**9am - 1pm PST**

Sponsored by Greater NY Al-Anon Family Intergroup  
[office@nycalanon.org](mailto:office@nycalanon.org) — to get on the mailing list for monthly flyer

Format: 1 speaker per hour, starting on the hour, for 20 minutes. 30 minutes for member sharing.

Contact info changes monthly and is available at:

NYCShareADay@nycalanon.org

Next one: November 19, 2022

ID: 820 5723 9143

PW: 242 576

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**National Al-Anon Parent Zoom Meeting List** — this list is an ongoing work of service from a member who felt called to create a compilation of all parent meetings available in the U.S. The list is being updated weekly as this member discovers parent meetings in each new state she Zoom visits.

For a list of parent-focused Al-Anon Zoom meetings offered in California and other states, please go to:

<https://tinyurl.com/alanonparentmeetings>