UTAH VALLEY CENTRAL OFFICE-742 NORTH 500 WEST-#103, Provo, UT 84601- www.utahvalleyaa.org. Email:aa@utahvalleyaa.org

Phone# 801-375-8620 Office Hours: Monday-Friday 9am to 11:30am, 1:30pm to 4pm. AA HOTLINE Phone # 801-857-7294 (After Hours)

Listing groups and meetings of AA does not constitute or imply approval or endorsement of the meeting's autonomous approach to or practice of the AA program.

"Open" meetings are available to anyone interested in the AA program of recovery. Nonalcoholics may attend as observers.

"Closed" meetings are for AA members only, or those that have a drinking problem and "have a desire to stop drinking"

SUNDAY			
TIME	NAME	LOCATION	TYPE
8:30 AM	Drunk Squad	496 W 1400 North-Orem	Open
9:00 AM	Serenity Breakfast	1680 North 200 West-Provo	Open
10:00 AM	Heber Spiritual Mtg.	571 S. 600 W-Heber	Open
10:00 AM	Spiritual Breakfast Mtg.	1435 N Main-Springville	Open
10:30 AM	Sober Sunday	496 W 1400 N-Orem	Open
Noon	Living Sober	496 W 1400 N-Orem	Open
2:00 PM	Tweeners Meeting	496 W 1400 N-Orem	Open
5:00 PM	Payson Evening Group	742 S 1270 West-Payson	Open
5:30 PM	Commuter Mtg.	496 W 1400 N-Orem	Open
6:00 PM	Pleasant Grove Group	35 S Main St. Pleasant Grove	Open
7:00 PM	Sunday Speaker Mtg.	496 W 1400 N-Orem	Open
8:00 PM	PrimeTime Special	834 E State St.-American Fork	Open
8:00 PM	Heber Group	571 S. 600 W-Heber	Open
8:00 PM	Young at Heart	175 N University Ave-Provo	Closed
8:30 PM	New Week New Hope	496 W 1400 N-Orem	Open
MONDAY			
6:30 AM	Rise and Shine	496 W 1400 N-Orem	Open
7:00 AM	Sunrise Sobriety Grp	571 S 600 W-Heber	Open
10:30 AM	Spiritual Awakenings	496 W 1400 N-Orem	Open
Noon	Back To Basics	50 W 200 N-Provo	Open
Noon	Living Sober	496 W 1400 N-Orem	Open
Noon	Heber Spiritual Solution	5 South 100 West, Heber	Open
5:30 PM	Commuter Mtg.	496 W 1400 N-Orem	Open
7:00 PM	Sisters in Sobriety	239 S Main-Springville	Closed
7:00 PM	Lehi AA 101	55 N Center-Lehi	Open
8:00 PM	Young People in AA	35 S Main St.-Pleasant Grove	Open
8:00 PM	Spanish Speaking Mtg.	1800 S State-Orem	Open
8:00 PM	Heber Group	571 S 600 W-Heber	Open
8:00 PM	Provo #1 Group	175 N University Ave-Provo	Open
8:00 PM	Misfits Surrender	245 S 200 E-Springville	Closed
TUESDAY			
6:30 AM	Rise and Shine	496 W 1400 N-Orem	Open
7:00 AM	Sunrise Sobriety Grp	571 S 600 W-Heber	Open
10:30 AM	Spiritual Awakenings	496 W 1400 N-Orem	Open
Noon	No Big Deals	50 W 200 N-Provo	Open
Noon	Living Sober	496 W 1400 N-Orem	Open
Noon	Lunch Bunch	61 North 100 East- Provo	Open
5:30 PM	Commuter Mtg.	496 W 1400 N-Orem	Open
6:30 PM	Women Supporting Women	5 South 100 West-Heber	W/Closed
6:45 PM	Heber Meditation	571 S 600 W-Heber	Open
6:45 PM	Tuesday 6:45 meeting	50 W 200 N-Provo	Open
7:00 PM	Design For Living Group	3000 N Triumph Blvd.-Lehi	Open
7:00 PM	Oakley Group	911 Cattlemans Hall-Oakley	Open
7:30 PM	High Chaparral Group	475 South Main-Spanish Fork	Closed
8:00 PM	Pleasant Grove Group	35 S Main St. Pleasant Grove	Open
8:00 PM	Rule 62	496 W 1400 N-Orem	Open
8:00 PM	Spanish Speaking Mtg.	1800 South State-Orem	Open
8:00 PM	Heber Group	571 S 600 W-Heber	Open

PREAMBLE**

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking. There are no dues or fees for AA membership; we are self-supporting through our own contributions. AA is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy, neither endorses nor opposes any causes. Our primary purpose is to stay sober and help other alcoholics to achieve sobriety.

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WEDNESDAY			
6:30 AM	Rise and Shine	496 W 1400 N-Orem	Open
7:00 AM	Sunrise Sobriety Group	571 S 600 W-Heber	Open
10:30 AM	Spiritual Awakenings	496 W 1400 N-Orem	Open
Noon	Back to Basics	50 W 200 N-Provo	Open
Noon	Living Sober	496 W 1400 N-Orem	Open
5:30 PM	Commuter Mtg	496 W 1400 N-Orem	Open
6:00 PM	Pleasant Grove Group	35 S Main St.-Pleasant Grove	Open
6:45 PM	12X12 Step Study	496 W 1400 N-Orem	Open
7:00 PM	Payson Group	956 W 800 South-Payson	Open
8:00 PM	Friends Of Dr. Bob Group	245 S. 200 E.-Springville	Closed
8:00 PM	Heber Group	571 S 600 W-Heber	Open
8:00 PM	Orem Open Discussion	496 W 1400 N-Orem	Open
8:00 PM	Spanish Speaking Mtg.	1800 South State-Orem	Open
THURSDAY			
TIME	NAME	LOCATION	TYPE
6:30 AM	Rise and Shine	496 W 1400 N-Orem	Open
7:00 AM	Sunrise Sobriety Group	571 S 600 W-Heber	Open
10:30 AM	Spiritual Awakenings	496 W 1400 N-Orem	Open
Noon	No Big Deals	50 W 200 N-Provo	Open
Noon	Living Sober	496 W 1400 N-Orem	Open
Noon	Lunch Bunch	61 North 100 East-Provo	Open
5:30 PM	But For The Grace of God	50 W 200 N-Provo	Open
5:30 PM	Commuter Mtg.	496 W 1400 N-Orem	Open
6:00 PM	Living Sober (Heber)	5 South 100 West-Heber	Open
7:00 PM	Design For Living Group	3000 N. Triumph Blvd.-Lehi	Open
7:00 PM	Lehi AA 101	55 N Center-Lehi	Open
7:00 PM	Nephi Group	944 N Main-Nephi	Open
7:00 PM	12 Traditions Discussion	50 West 200 North-Provo	Closed
8:00 PM	Staying Alive Group	496 W 1400 N-Orem	Open
8:00 PM	Heber Group	571 S 600 W-Heber	Open
8:00 PM	Spanish Speaking Mtg.	1800 S State-Orem	Open
FRIDAY			
6:30 AM	Rise and Shine	496 W 1400 N-Orem	Open
7:00 AM	Sunrise Sobriety Grp	571 S 600 W-Heber	Open
10:30 AM	Spiritual Awakenings	496 W 1400 N-Orem	Open
Noon	Back To Basics	50 W 200 N-Provo	Open
Noon	Living Sober	496 W 1400 N-Orem	Open
5:30 PM	Commuter Mtg.	496 W 1400 N-Orem	Open
7:00 PM	Ladies Night (women)	35 S Main St. Pleasant Grove	Open
7:00 PM	Payson Group	956 W 800 South-Payson	Open
7:00 PM	Came to Believe	777 N Palisades Dr.-Orem	Open
8:00 PM	Heber Group	571 S 600 W-Heber	Open
8:00 PM	UROK	496 W 1400 N-Orem	Open
8:00 PM	Spanish Speaking Mtg.	1800 S State-Orem	Open
8:00 PM	BYOC	245 S 200 East-Springville	Closed
SATURDAY			
9:00 AM	Sunrise Sobriety Grp	600 E Center-Heber	Open
9:00 AM	Sober @ Sunrise	50 West 200 North-Provo	Open
10:30 AM	Emotional Sobriety	496 W 1400 N-Orem	Open
Noon	Living Sober	496 W 1400 N-Orem	Open
5:30 PM	Commuter Mtg.	496 W 1400 N-Orem	Open
5:30 PM	Wasatch Group	425 Moulton Lane-Heber	Closed
7:00 PM	Bridge to Recovery	105 E 100 North-Provo	Closed
7:00 PM	Saturday Night BB Study	944 N Main-Nephi	Open
8:00 PM	Pleasant Grove Group	35 S Main St-Pleasant Grove	Open
8:00 PM	Heber Group	571 S 600 W-Heber	Open
8:00 PM	Living Sober Sat. Night	496 W 1400 N-Orem	Open

Updated: 2/7/2019