


Sunday

11:00 a.m. Sunday Morning AFG (Open public information speaker meeting) (K1R6E5)

McNabb Community Centre 
180 Percy Street, Ottawa. In the Community Room, located in the basement next to the gym. Come and get acquainted with Al-Anon. Concurrent AA meeting.

Monday

7:30 p.m. Stepping Stones AFG (K7S2M7)

St. John Chrysostom Roman Catholic Church - Church Hall
295 Albert Street, Arnprior
Enter by west side door.
Discussion meeting.

7:30 p.m. Together We Can Make It AFG (K1R6Z9)

St. Anthony Banquet Hall
523 St. Anthony Street (off Preston, north side of the Queensway), Ottawa
Entrance is on right side of street, see outside sign. Enter and go up a few steps.
Discussion meeting. Open speaker meeting last Monday of each month.

8:00 p.m. Bells Corners AFG (K2H5C1)

Christ Church
3861 Richmond Road, Ottawa
Enter by parking lot. Ring bell, if door is locked. Go upstairs. Discussion meeting.
Elevator available.

Tuesday

7:30 p.m. Gatineau Al-Anon Progress AFG (J8P5B7)

St. Andrew's United Church

144 rue Jean-René Monette (formerly Maple Street), Gatineau. Enter by side door and go upstairs. Discussion meeting.

8:00 p.m. Pinecrest 12th Step AFG (K2B6B4)

Briannia United Church
985 Pinecrest, Ottawa
Between the Queensway and Richmond Road. Meeting on the main level. If door locked, ring bell. Scent-free. Discussion meeting.

8:00 p.m. One Day at a Time AFG (K2C1R6)

Zion Memorial United Church - Church Hall
37 Franklin Street, Carleton Place
Speaker meeting last Tuesday of each month. Discussion meeting.

8:30 p.m. Praying Hands AFG (K0C2K0)

519 St. Lawrence Street
United Church Hall
Winchester, ON
Note: Enter church hall on Caleb Street, meeting upstairs
Discussion meeting

Wednesday


12:15 p.m. Traditional AFG (K1P5N9)

St. Andrew's Presbyterian Church
82 Kent Street (at Wellington), Ottawa
Enter by Kent Street door. Discussion meeting.

7:30 p.m. New Beginnings AFG (K2K2B9)

Kanata United Church
33 Leacock Drive, Kanata
Enter through main door of Church. Meeting in Church Hall. Discussion meeting.

8:00 p.m. Royal Ottawa AFG (K1Z7K4)

Royal Ottawa Mental Health Center 
1145 Carling Avenue, Room 1424, Ottawa
Down the hall past the Auditorium. Discussion meeting. Open speaker meeting last Wednesday of each month. The Royal Ottawa Hospital has a

"NO SCENT" policy. Newcomers breakout meeting. Free on street parking is available.

8:30 p.m. Gratitude AFG (K0G1J0)

St. John's United Church
400 Prescott Street, Kempville
Go upstairs.
Discussion meeting. Concurrent AA meeting.

Thursday

1:15 p.m. Aylmer Harmony AFG (J9H5W2)

70 Eardley Road, Aylmer
Across from the Shell Station.
Discussion meeting.

7:30 p.m. Orleans AFG (K1C7C8)

Orleans United Church
1111 Orleans Boulevard at Sugar Creek, Ottawa
Discussion meeting. Concurrent Newcomers breakout meeting.

7:30 p.m. New Life AFG (K1G1N7)

Emmanuel United Church
691 Smyth Road, Ottawa
Enter by side door, near the back of the church, Go upstairs. If you arrive after 7:30 p.m., please knock to gain entrance. Access the elevator through church's main door. Discussion meeting.

8:00 p.m. Forward AFG (K1Y2Y3)

Hintonburg Community Centre 
1064 Wellington Street West, Ottawa
2nd Floor, Burnside Room.
3 blocks East of Parkdale Ave.
Discussion meeting. Business meeting at 7:30 p.m. on third Thursday of each month.

8:30 p.m. Metcalfe AFG (K0A2P0)

Holy Trinity Anglican Church
8140 Victoria Street, Metcalfe
Enter from side door and go in to kitchen.
Discussion meeting.

Friday

9:30 a.m. Beacon Hill AFG (K1J6T6)


St. Gabriel's Church
55 Appleford Street (off Blair), Ottawa
Use side door entrance from large parking lot. Go downstairs. Room is behind kitchen.
Discussion meeting. Newcomer's meeting.

12:00 p.m. 12th Step Discovery AFG


(K2A3G9) 
Saint Paul Presbyterian Church
971 Woodroffe Ave. Ottawa
Just North off Highway 417. Parking and Entrance at back of church. Step/Tradition study group.

Saturday

10:00 a.m. How It Works AFG(K2A3G9)

Saint Paul Presbyterian Church 
971 Woodroffe Ave. Ottawa
Just North off Highway 417. Parking and Entrance at back of church. Discussion meeting. Open speaker meeting last Saturday.

7:30 p.m. Saturday Night Serenity AFG

(K2P2J5) 
Jack Purcell Community Center
320 Jack Purcell Lane, Room 101, Ottawa
Off Elgin St. between Gilmour St. and Frank St. Discussion meeting.

Réunions Françaises

Dimanche

10h00 Ça Commence Par Moi (J8P 1V1)
Église Ste-Rose de Lima
861 Boul.St.René Est, Gatineau

Lundi

19h30 Premier Pas GFA (K1C1G4)
Église St-Joseph
2757 boulevard St-Joseph, Ottawa (Orléans)
Sous-sol, Salle St-Michel
Fermé les lundis fériés
20h00 Espérance GFA (J8Y4B7)
Centre Frédéric Ozanam
751 Boul. St-Joseph, Gatineau (Hull)
Porte du milieu à l'avant (2ième) étage

Mardi

19h30 Au Crépuscule GFA (J8P5H4)
Paroisse Ste-Trinité
400 rue Raymond, Gatineau (Secteur Gatineau)
Presbytère Église St-René Groupil
entrée sur O'Brien
Sous-sol

19h30 Gatineau Al-Anon Progress AFG (J8P5B7)

St. Andrew's United Church
144 rue Jean-René Monette (formerly Maple Street), Gatineau. Enter by side door and go upstairs. *This meeting is in English.* Discussion meeting.

Jeudi

19h30 Sérénité GFA (J8P5H4)
Paroisse Ste-Trinité
400 rue Raymond, Gatineau (Secteur Gatineau)

Presbytère Église St-René Groupil
entrée rue O'Brien
Sous-sol

Alateen Meetings

Monday

7:30 p.m. Freedom to Choose Serenity Alateen (K1R6Z9)
St. Anthony Banquet Hall
523 St. Anthony Street, Ottawa
Temporarily suspended as of Aug 29, 2016. Alateens are welcome to join the concurrent Al-Anon meeting. Please check the website for updates and an up to date meeting list.
Entrance is on right side of street, see outside sign. Enter and go up a few steps. Discussion meeting. Concurrent Al-Anon meeting.

Thursday/ Jeudi

19h30 Alateen Reconnaissance (J8Y6N8)
Paroisse Ste-Trinité
400 rue Raymond, Gatineau (Secteur Gatineau)
Presbytère Église St-René Groupil
entrée rue O'Brien
Sous-sol
Pour adolescents (10 à 18 ans)
(réunion Al-Anon concurrente)

Al-Anon Declaration

Let it Begin With Me

When anyone, anywhere, reaches out for help,

Let the hand of Al-Anon and Alateen
Always be there, and – *Let it Begin With Me*

Serenity Prayer

God, grant me the serenity,

to accept the things I cannot change,

courage to change the things I can,

and wisdom to know the difference.

The Sunday Morning AFG meeting is open for Al-Anon/Alateen members, prospective members, the general public, professionals, and the media.



**Family Groups
Meeting List
for Ottawa (District 28) and
Surrounding Region**

Newcomers Welcome!

**AL-ANON TELEPHONE
ANSWERING SERVICE
(613) 860-3431**

**SERVICE TÉLÉPHONIQUE
EN FRANÇAIS
(819) 669-0543**

**For an up-to-date meeting list
visit <http://al-anon-ottawa.ca>**

**For out of town meetings
call 1-888-425-2666 or
visit <http://www.al-anon.org> or
visit <http://al-anon.alateen.on.ca>**

**For online meetings
email wso@al-anon.org**

**To make an inquiry
email wso@al-anon.org or
email groups@al-anon-ottawa.ca or
visit <http://www.al-anon-ottawa.ca>**

Mar 31, 2017