





C
Monday @7:30 PM - Cornwall
Group ID: 30555598 - **Al-Anon**
(TC) Helping Hands AFG - Cornwall
Open to: Families and Friends of alcoholics only
Group focus: Regular
1st Monday of month is a Step Mtg
2nd Monday is a Tradition

First Baptist Church
310 York Street
Cornwall ON K6J 3Z3
Main entrance off of Third St.

C 
Tuesday @10:30 AM - Lancaster
Group ID: 31200 - **Al-Anon**
(elec) Lancaster Friendship AFG
Open to: Families and Friends of alcoholics only
Access online meeting directly from the Ontario South website (al-anon.alateen.on.ca) with the 'online Zoom' button. See bottom of website page with meeting details for information about participating via phone only.
Meeting ID: 72329594899
Password: 000511
Group focus: Regular
1st week of the month - speaker or Tradition, 2nd - topic, 3rd - topic, 4th - Step, 5th - topic.

St Andrew's Presbyterian Church
4GJ5+FQ South Lancaster, South Glengarry, ON
Lancaster ON K0C1N0
401 exit 814, go south. After Tim Hortons left on Church St., left at Church Hall, park behind church; entrance in back.

O 
Thursday @10:30 AM - Cornwall
Group ID: 16306 - **Al-Anon**
New Lease On Life AFG - Cornwall - re-opened
Open to: Family, friends and observers
Group focus: Regular
1st Thursday of month: Step Mtg.; 2nd Thursday: Tradition Mtg.

Trinity United Church
105 Second Street W.
Cornwall ON K6J 1G9
Please only use the West entrance to enter (parking lot entrance). Wheelchair access

O
Thursday @7 PM - Morrisburg
Group ID: 44326 - **Al-Anon**
(elec) New Hope AFG - Morrisburg
Open to: Family, friends and observers
Access online meeting directly from the Ontario South website (al-anon.alateen.on.ca) with the 'online Zoom' button. See bottom of website page with meeting details for information about participating via phone only.
Meeting ID: 723 2959 4899
Password: 000511
Group focus: Regular
Speaker first meeting of month.
Chairperson's choice second meeting of month. Step meeting third week and Tradition meeting fourth week. Fifth meeting chairpersons choice.

Lakeshore Drive United Church
19 Lakeshore Dr.
Morrisburg ON K0C 1X0
Enter Allan Hall on Lakeshore; downstairs basement. Fragrance free.

O
Sunday @11:00 AM - Cornwall
Group ID: 41913 - **Al-Anon**
(TC) Flight to Freedom AFG - Cornwall
Open to: Family, friends and observers
Group focus: Regular

St. Francis De Sales Church
434 Second Street W.
Cornwall ON K6J1H1
Park behind Church

O = Open (to families and friends of alcoholics and observers) (AA) = Concurrent AA meeting
C = Closed (open to families & friends of alcoholics only) (AL)= Concurrent Alateen meeting
AC = Adult Children (AN) = Concurrent Al-Anon meeting