






O 
Monday @10 AM - Fergus
Group ID: 50564 - **AI-Anon**
New Fresh Start AFG - Fergus - re-opened
Open to: Family, friends and observers
This meeting has now re-opened for physical attendance. Masks are mandatory.
Group focus: Regular


St. James Anglican Church
171 Queen Street
Fergus ON N1M 1S0
First building on left, past the bridge to downtown
enter side door, off parking lot, upstairs meeting room, Handicapped access.

C 
Monday @7 pm - Guelph
Group ID: 16356 - **AI-Anon**
Serenity Seekers AFG - Guelph - re-opened
Open to: Families and Friends of alcoholics only
This meeting has now re-opened for physical attendance. Masks are mandatory.
Group focus: Regular

Westminster-St. Paul's Presbyterian Church
206 Victoria Road N.
Guelph ON N1E 5H8
Basement one flight of stairs.

C 
Monday @7:30 PM - Waterloo
Group ID: 30617384 - **Alateen**
(elec) Monday Night Waterloo Alateen
Open to: Families and Friends of alcoholics only
Group focus: Regular

St. Columba's Anglican Church
250 Lincoln Road
Waterloo ON N2J 2P5
At Mayfield. Handicap access

C 
Monday @7:30 PM - Waterloo
Group ID: 16733 - **AI-Anon**
(elec) New Courage to Change AFG - Waterloo
Open to: Families and Friends of alcoholics only
Please email elizabeth.wills7715@gmail.com for details about participating in the online meeting.
See the 'About Meetings' page for other non group-specific meetings in District 4 (al-anon.alateen.on.ca)
Group focus: Regular

St. Columba's Anglican Church
250 Lincoln Road
Waterloo ON N2J 2P5
At Mayfield. Handicap access

O
Tuesday @1 PM - Kitchener
Group ID: 503960 - **AI-Anon**
(TC) KOOL FRIENDSHIP - Kitchener
Open to: Family, friends and observers
See the 'About Meetings' page on the Ontario South website for non group-specific meetings in District 4 (al-anon.alateen.on.ca)
Group focus: Regular


First Mennonite Church
800 King Street E
Kitchener ON N2G 1E3
Main entrance at Stirling - go to basement

O
Wednesday @10 am - Cambridge
Group ID: 16281 - **AI-Anon**
Wednesday Morning AFG - Cambridge - re-opened
Open to: Family, friends and observers
This meeting has now re-opened for physical attendance. Masks are mandatory.
Group focus: Regular

St. John's Anglican Church
567 Queenston Rd
Cambridge ON N3H 3J9

C
Wednesday @7:30 PM - Guelph
Group ID: 16355 - **AI-Anon**
(elec) Guelph 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: 863 4819 9671
Password: 048090
Group focus: Regular

St. Paul's Lutheran Church
210 Silvercreek Pkwy North
Guelph ON N1H 7P8
South of Speedvale Ave/Silvercreek Pkwy. intersection. Enter back door.

C 
Wednesday @7:30 PM - New Hamburg
Group ID: 61890 - **AI-Anon**
(elec) Stepping Stones AFG - New Hamburg
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: 560 592 281
Password: serenity
Group focus: Regular
1st meeting of month: Step. Speaker 5th meeting of the month. 3rd meeting of month: Tradition


Holy Family Catholic Church Hall
329 Huron Street
New Hamburg ON N3A 1W7
Entrance off parking lot, downstairs.
Handicap access.

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 AI-Anon meeting




C
Wednesday @8 PM - Waterloo
Group ID: 66039 - **Al-Anon**
(TC) 12 & 12 AFG - Waterloo
Open to: Families and Friends of alcoholics only
See the 'About Meetings' page on the Ontario South website for non group-specific meetings in District 4 (al-anon. alateen.on.ca)
Group focus: Regular


St. Agnes Catholic Church
75 Bluevale Avenue N.
Waterloo ON N2J 3R7
Back door off parking lot.

O 
Thursday @10 AM - Cambridge
Group ID: 66191 - **Al-Anon**
(TC) Courage to Love AFG - Cambridge
Open to: Family, friends and observers
See the 'About Meetings' page on the Ontario South website for non group-specific meetings in District 4 (al-anon. alateen.on.ca)
Group focus: Regular

Calvary Pentecostal
127 Hespler Road
Cambridge ON N1R 3G9
Back door, wheelchair accessible.
Fragrance free.

O 
Thursday @7:30 PM - Fergus
Group ID: 52032 - **Al-Anon**
Courage to Grow AFG - Fergus - re-opened
Open to: Family, friends and observers
This meeting has now re-opened for physical attendance. Masks are mandatory.
Group focus: Regular

St. James Anglican Church
171 Queen Street
Fergus ON N1M 1S0
First building on left, past the bridge to downtown
enter side door, off parking lot, upstairs meeting room, Handicapped access.

C 
Thursday @7:30 PM - Guelph
Group ID: 30527663 - **Al-Anon**
Miracles in Progress AFG - Guelph - re-opened
Open to: Families and Friends of alcoholics only
This meeting has now re-opened for physical attendance. Masks are mandatory.
Group focus: Regular
Speaker meeting last Thursday of month.


Westminster-St. Paul's Presbyterian Church
206 Victoria Road N.
Guelph ON N1E 5H8
Basement one flight of stairs.

O-AC
Friday @10 AM - Guelph
Group ID: 47559 - **Al-Anon**
Fresh Start AFG - Guelph - re-opened
Open to: Family, friends and observers
This meeting has now re-opened for physical attendance. Masks are mandatory.
Group focus: Adult Children


St. James Anglican Church
86 Glasgow Street N.
Guelph ON N1H 4W2
Corner Paisley & Glasgow Streets. Use parking lot door. Fragrance free.

O
Friday @7 pm - Kitchener
Group ID: 30522060 - **Al-Anon**
New Beginnings Al-Anon Group - Kitchener - re-opened
Open to: Family, friends and observers
This meeting has now re-opened for physical attendance. Masks are mandatory.
Group focus: Discussion meeting
Beginner's Meeting available

Faith Lutheran Church
247 Westmount Road E
Kitchener ON N2M 4Z2
Enter off Village Rd.

O-(AL) 
Friday @8 PM - Cambridge
Group ID: 16282 - **Al-Anon**
(TC) Friday Night Acceptance AFG - Cambridge
Open to: Family, friends and observers
See the 'About Meetings' page on the Ontario South website for non group-specific meetings in District 4 (al-anon. alateen.on.ca)
Group focus: Regular
Alateen at same location.

St. Andrew's Presbyterian Church
73 Queen Street E.
Cambridge ON N3C2A9
Back door (Spring Street), upstairs.
Handicap access.

C 
Friday @8 PM - Cambridge
Group ID: 30648044 - **Alateen**
(TC) Friday Night Acceptance Alateen - Cambridge
Open to: Families and Friends of alcoholics only
See the 'About Meetings' page on the Ontario South website for non group-specific meetings in District 4 (al-anon. alateen.on.ca)
Group focus: Regular

St. Andrew's Presbyterian Church
73 Queen Street E.
Cambridge ON N3C2A9
Back door (Spring Street), upstairs.
Handicap access.

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



O

Saturday @10 AM - Kitchener

Group ID: 16416 - **Al-Anon**

(TC) One Day at a Time AFG - Kitchener

Open to: Family, friends and observers

See the 'About Meetings' page on the Ontario South website for non group-specific meetings in District 4 (al-anon. alateen.on.ca)

Group focus: Regular

Speaker fifth Saturday of month.

Handicap access

St. James Rosemount United Church

171 Sherwood Avenue

Kitchener ON N2B 1K2

At Krug St.; use side door.

C

Saturday @10 AM - Kitchener

Group ID: 65911 - **Alateen**

(TC) The Sun Will Come Up Tomorrow Alateen - Kitchener

Open to: Families and Friends of alcoholics only

See the 'About Meetings' page on the Ontario South website for non group-specific meetings in District 4 (al-anon. alateen.on.ca)

Group focus: Regular

St. James Rosemount United Church

171 Sherwood Avenue

Kitchener ON N2B 1K2

At Krug St.; use side door.

C-AC

Sunday @7:30 PM - Cambridge

Group ID: 61329 - **Al-Anon**

(TC) Serenity Plus Adult Children AFG - Cambridge

Open to: Families and Friends of alcoholics only

See the 'About Meetings' page on the Ontario South website for non group-specific meetings in District 4 (al-anon. alateen.on.ca)

Group focus: Adult Children

St. Luke's United Church

1620 Franklin Blvd.

Cambridge ON N3C 1P2

Door no 7

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