





C 
Monday @7:30 PM - Arnprior
 Group ID: 50753 - **Al-Anon**
Stepping Stones AFG - Arnprior - re-opened
 Open to: Families and Friends of alcoholics only
 Group focus: Regular
 Beginner meeting available

St. John Chrysostom Roman Catholic Church
 295 Albert Street
 Arnprior ON K7S 2M7
 Please enter through the right side of the building, following the hallway to the left

C-AC 
Monday @7:30 PM - Ottawa
 Group ID: 38879 - **Al-Anon**
(elec) Together We Can Make It AFG Adult Children - Ottawa
 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: 476379299
 Group focus: Adult Children
 Closed discussion - last Monday Open Speaker

St. Anthony Banquet Hall
 523 St. Anthony Street
 Ottawa ON K1R6Z9
 Entrance is far east door see sign outside. Enter and go up a few steps
 Handicap accessible

C
Monday @8 PM - Nepean
 Group ID: 16512 - **Al-Anon**
(elec) Bells Corners AFG - Nepean
 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: 507984733
 Group focus: Regular

Christ Church Anglican
 3861 Richmond Street
 Nepean ON K2H5C1
 Meets upstairs.

C
Tuesday @10 AM - Ottawa
 Group ID: 30701398 - **Al-Anon**
(elec) Vanier New Beginnings AFG - Ottawa
 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: 88591225514
 Group focus: Regular

Vanier Public Library
 310 Peres Blanc
 Ottawa ON K1L 7L5
 Library opens at 10 AM only! Take elevator to second floor mtg room.

C
Tuesday @12:15 PM - Arnprior
 Group ID: 30705556 - **Al-Anon**
(elec) Back to Basics AFG - Arnprior
 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: 9742716970
 Password: 328214
 Group focus: Regular
 Step meeting first Tuesday of the month.


Arnprior Public Library
 21 Madawaska Street
 Arnprior ON K7S1R6
 Gammond Room, Take elevator to lower level.

C
Tuesday @8 PM - Ottawa
 Group ID: 16531 - **Al-Anon**
(elec) Pinecrest 12th Step AFG - Ottawa
 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: 333646972
 Group focus: Regular

Britannia United Church
 985 Pinecrest Road
 Ottawa ON K2B 6B4
 Meeting in basement. Ring bell.
 Fragrance free.

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 AC = Adult Children (AN) = Concurrent Al-Anon meeting



C 
Wednesday @12:15 PM - Ottawa
 Group ID: 16527 - **Al-Anon**
(TC) Traditional AFG - Ottawa
 Open to: Families and Friends of
 alcoholics only
 Group focus: Regular

St. Andrew's Presbyterian Church
 82 Kent Street
 Ottawa ON K1P5N9
 Enter by office on Kent St. Lunch can be
 eaten. Wheelchair accessible.

C
Wednesday @7:30 PM - Kanata
 Group ID: 30642794 - **Al-Anon**
(elec) New Beginnings AFG - Kanata
 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: 82950647908
 Password: 0tL72g
 Group focus: Regular

Kanata United Church
 33 Leacock Dr
 Kanata ON K2K2B9
 Eagleson exit, Beaverbrook area. Enter
 through front door and walk straight to
 "church hall" room

C
Wednesday @8 PM - Ottawa
 Group ID: 16523 - **Al-Anon**
Royal Ottawa AFG - Open status
unknown
 Open to: Families and Friends of
 alcoholics only
 Group focus: Discussion meeting
 Discussion meeting with speaker on the
 last meeting of the month..

**Royal Ottawa Hospital Mental Health
 Centre**
 1145 Carling Avenue
 Ottawa ON K1Z7K4
 Rm 1424, Newcomers meeting 8:00 pm.
 Wheelchair accessible

C
Thursday @1:15 PM - Gatineau
 Group ID: 30565770 - **Al-Anon**
(TC) Aylmer Harmony AFG - Gatineau
 Open to: Families and Friends of
 alcoholics only
 Group focus: Discussion meeting

Resource Centre
 70 Eardley Road
 Gatineau QC J9H5W2
 Follow Aylmer Rd to Eardley, turn right
 to number 70. Across from Shell Station.

C
Thursday @7:30 PM - Ottawa
 Group ID: 16519 - **Al-Anon**
(elec) New Life AFG - Ottawa
 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: 319321852
 Password: 994502
 Group focus: Regular
 Business and speaker meeting first
 meeting of month.

Emmanuel United Church
 691 Smyth Road
 Ottawa ON K1G 1N7
 Enter side, near back of church. If
 arriving after 7:30, please ring bell to
 gain entrance.

C
Thursday @7:30 PM - Ottawa
 Group ID: 39406 - **Al-Anon**
(elec) Orleans AFG - Ottawa
 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: 201967173
 Group focus: Discussion meeting
 Newcomers welcome.

Orleans United Church
 1111 Orleans Blvd
 Ottawa ON K1C7C8
 At Sugar Creek, near Taffy Lane Enter
 main door from rear parking lot; Meeting
 in Chapel at rear left of main entrance
 hall.

C
Thursday @8 PM - Metcalfe
 Group ID: 16460 - **Al-Anon**
(TC) Metcalfe AFG
 Open to: Families and Friends of
 alcoholics only
 Group focus: Regular


Holy Trinity Anglican Church
 8140 Victoria Street
 Metcalfe ON K0A2P0
 Meet downstairs

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C
 Friday @9:30 AM - Ottawa
 Group ID: 16511 - **Al-Anon**
(elec) Beacon Hill AFG - Ottawa
 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: 83923286473
 Group focus: Regular
 Beginner's Meeting available


St. Gabriel's Church
 55 Appleford Road
 Ottawa ON K1J6T6
 Side door - main parking lot.

O 
 Friday @12 PM - Ottawa
 Group ID: 63827 - **Al-Anon**
(TC) 12 Step Discovery AFG - Ottawa
 Open to: Family, friends and observers
 Group focus: Step-study
 12 Step Study Group

St. Paul's Presbyterian Church
 971 Woodroffe Avenue
 Ottawa ON K2A3G9
 North of 417, East side of Woodroffe.
 Parking & Entrance in rear. Disabled access

O 
 Saturday @10 AM - Ottawa
 Group ID: 30601829 - **Al-Anon**
(elec) How It Works AFG - Ottawa
 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: 788531913
 Group focus: Regular
 Speaker last Saturday of month

St. Paul's Presbyterian Church
 971 Woodroffe Avenue
 Ottawa ON K2A3G9
 North of 417, East side of Woodroffe.
 Parking & Entrance in rear. Disabled access

C 
 Saturday @11 AM - Ottawa
 Group ID: 504026 - **Alateen**
(elec) Freedom to Choose Serenity Alateen - Ottawa
 Open to: Families and Friends of alcoholics only
 Group focus: Regular
 Concurrent Al-Anon mtg. Teens 10-18

St. Paul's Presbyterian Church
 971 Woodroffe Avenue
 Ottawa ON K2A3G9
 North of 417, East side of Woodroffe.
 Parking & Entrance in rear. Disabled access

C
 Saturday @7 pm - Ottawa
 Group ID: 60024 - **Al-Anon**
(TC) Saturday Night Serenity AFG - Ottawa
 Open to: Families and Friends of alcoholics only
 Group focus: Discussion meeting

Jack Purcell Community Centre
 320 Jack Purcell Lane
 Ottawa ON K2P2J5
 Room 101.

C
 Sunday @11 am - Ottawa
 Group ID: 30663604 - **Al-Anon**
(elec) Sunday Morning AFG - Ottawa
 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: 88631243557
 Password: 713556
 Group focus: Speaker meeting
 Meeting Open to everyone. Open Speaker / Public Info meeting

McNabb Community Centre
 180 Percy St
 Ottawa ON K1R6E5
 Community Room in basement beside Gym

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