




C
Monday @7:30 PM - Arnprior
Group ID: 50753 - **AI-Anon**
(elec) Stepping Stones 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: 82505865763
Password: 117146
Group focus: Regular

St. John Chrysostom Roman Catholic Church
295 Albert Street
Arnprior ON K7S 2M7

C-AC 
Monday @7:30 PM - Ottawa
Group ID: 38879 - **AI-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 - **AI-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 - **AI-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 - **AI-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 - **AI-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 AI-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**
(elec) Royal Ottawa 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: 421319603
Password: 0tL72g
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.

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Meetings marked with (TC) are temporarily closed due to COVID-19 precautions

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

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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