





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 @8 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