




C  
Monday @7:30 PM - Arnprior  
Group ID: 50753 - **Al-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 - **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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C = Closed (open to families & friends of alcoholics only) (AL)= Concurrent Alateen meeting  
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**  
**(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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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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