



List of group numbers / WSO IDs  
Alphabetically by group name and meeting city

GroupName	City	Distr.	ID WSO
12 & 12 AFG	Waterloo	4	66039
12 & 12 AFG	Peterborough	32	503280
12 & 12 Study AFG	Woodstock	10	24629
12 Step AFG	Kingston	31	49259
12 Step Broadway AFG	Toronto	19	16676
12 Step Discovery AFG	Ottawa	28	63827
12 Step Study AFG	Essex	8	30689045
12 Steps to Freedom AFG	Listowel	5	16427
A New Way of Life AFG	Stratford	5	52955
Acton AFG	Acton	17	47839
Agincourt AFG	Agincourt	22	16697
AI-Anon Spoken Here AFG	Toronto	19	30584824
AI-Anon Works AFG	London	6	62691
Aldershot Men's AFG	Burlington	14	30647400
Amherstberg Serenity AFG	Amherstberg	8	30726915
As Lois Sees It AFG	Mount Forest	3	30695304
Aurora Alateen	Aurora	18	65204
Aurora Serenity AFG	Aurora	18	16240
Aylmer Harmony AFG	Gatineau	28	30565770
Back to Basics AFG	Barrie	1	30692647
Back to Basics AFG	Arnprior	28	30705556
Barry's Bay Thursday Night AFG	Barry's Bay	30	16251
Bayview AFG	Toronto	19	16713
Beacon Hill AFG	Ottawa	28	16511



List of group numbers / WSO IDs  
Alphabetically by group name and meeting city

GroupName	City	Distr.	ID WSO
Beaver River AFG	Beaverton	18	48499
Belleville AFG	Belleville	25	16257
Bells Corners AFG	Nepean	28	16512
Bobcaygeon One Day At A Time AFG	Bobcaygeon	24	30715442
Bolton AFG	Bolton	17	65131
Bowmanville Serenity AFG	Bowmanville	23	48166
Brampton Serenity Tuesday and Thursday	Brampton	17	47427
Brampton Serenity Tuesday and Thursday	Brampton	17	47427
Brant Hills AFG	Burlington	14	16275
Brooklin New Beginnings AFG	Brooklin	23	30590505
Byron Tuesday Afternoon AFG	London	6	500778
Caring and Sharing AFG	St. Marys	5	16583
Cedarbrae AFG	Scarborough	22	16704
Central AFG	London	6	16431
Choices AFG	Richmond Hill	19	60260
Clinton New Freedom AFG	Clinton	5	16295
Co-op AFG	Kingston	31	16405
Cobden New Way of Life AFG	Cobden	30	500390
Coffee Hour AFG	Mississauga	16	30560379
Collingwood AFG	Collingwood	2	16300
Collins Bay Gratitude AFG	Kingston	31	16407
Come 'n Share AFG	Dundalk	2	16318
Come In Out of the Storm AFG	Goderich	5	30598162
Come Together AFG	Woodbridge	17	30787405



List of group numbers / WSO IDs  
Alphabetically by group name and meeting city

GroupName	City	Distr.	ID WSO
Confidence AFG	Enterprise	31	33897
Cooksville Circle of Hope AFG	Mississauga	16	16466
Courage to Change	Mississauga	16	30773
Courage to Change AFG	Sarnia	7	53626
Courage to Change AFG	Kingsville	8	16409
Courage To Change AFG	Niagara-on-the-Lake	13	30569789
Courage to Change AFG	Peterborough	32	16548
Courage to Change AFG - Hybrid 2	Kingsville	8	16409-2
Courage to Grow AFG	Fergus	4	52032
Courage to Heal Adult Children of Alcoholics	Kingston	31	52334
Courage to Love AFG	Cambridge	4	66191
Delta Saturday Night AFG	Hamilton	14	16365
Discovery AFG	Owen Sound	2	48088
Donlands Serenity AFG	Toronto	21	16677
Downsview AFG	Toronto	20	16701
Downtown Noon AFG	Toronto	21	51472
Dunnville AFG	Dunnville	12	16319
East 58th AFG	London	6	16432
Enough is enough AFG	Nobleton	17	30700335
Essex Al-Anon Friday Night AFG	Essex	8	30606507
Etobicoke AFG	Etobicoke	20	54563
Exeter AFG	Exeter	5	41336
Faith, Hope, & Serenity AFG	Orillia	1	46195
Fellowship AFG	Scarborough	22	52747



List of group numbers / WSO IDs  
Alphabetically by group name and meeting city

GroupName	City	Distr.	ID WSO
Flight to Freedom AFG	Cornwall	27	41913
Forest Lakeside AFG	Forest	7	16338
Foxboro Twelve Step Recovery AFG	Foxboro	25	16342
Freedom to Choose Serenity Alateen	Ottawa	28	504026
Fresh Start AFG	Guelph	4	47559
Fresh Start AFG	Toronto	21	43493
Friday A.M. Oakville AFG	Oakville	16	16496
Friday Caring and Sharing AFG	St. Marys	5	30623774
Friday Night Acceptance AFG	Cambridge	4	16282
Friday Night Acceptance Alateen	Cambridge	4	30648044
Friday Night One Day at a Time AFG	Bramalea	17	65313
Friendly Thursday Afternoon AFG	London	6	16433
Friends in Hope Adult Children AFG	Peterborough	32	35072
Friendship AFG	Chatham	9	16289
Friendship AFG	Newmarket	18	45637
Golden Acres AFG	St.Thomas	10	43094
Golden Acres AFG	St.Thomas	10	43094
Grace AFG	St. Catharines	13	16573
Gratitude AFG	Picton	25	31202
Grimsby Tranquility AFG	Grimsby	13	16354
Grimsby Tranquility AFG	Grimsby	13	16354
Growing Together Adult Children AFG	Mississauga	16	38247
Guelph AFG	Guelph	4	16355
Hanover Round Table AFG	Hanover	3	16380



List of group numbers / WSO IDs  
Alphabetically by group name and meeting city

GroupName	City	Distr.	ID WSO
Happy AFG Newcomer's Workshop	Canada	16	30751391
Happy Al-Anon Family Group	Canada	16	30751391
Harrow Willingness AFG	Harrow	8	16382
Healing West End AFG	Windsor	8	500750
Helping Hands	Strathroy	6	16627
Higher Power and I AFG	London	6	30674888
Highlands AFG	Haliburton	24	16361
Hope and Healing AFG	Burk's Falls	1	65474
Hope and Serenity AFG	Trenton	25	30689493
Hope For Today AFG	Wallaceburg	9	30711752
Hope Prevails Alateen	Mississauga	16	30519795
How It Works AFG	Ottawa	28	30601829
Hugs Alateen	London	6	16430
Ingersoll Serenity Seekers AFG	Ingersoll	10	48498
Journey to Freedom AFG	Bradford	18	61269
Just For Today	London	6	16435
Just For Today Adult Children AFG	Windsor	8	44269
Just For Today AFG	Port Perry	23	24446
Keep It Simple AFG	Barrie	1	47002
Keep It Simple AFG	Stratford	5	30650535
Keep It Simple AFG	Stratford	5	30650535
Keep It Simple AFG	Thornhill	19	52669
Keep it Simple AFG - Kingston	Kingston	31	49140
Keswick Freedom AFG	Keswick	18	48646



List of group numbers / WSO IDs  
Alphabetically by group name and meeting city

GroupName	City	Distr.	ID WSO
Key To Harmony AFG	London	6	30596756
Kingsway AFG	Toronto	20	16688
KOOL FRIENDSHIP	Kitchener	4	503960
Lancaster Friendship AFG	Lancaster	27	31200
Leamington Keep it Simple AFG	Leamington	8	16421
Learning to live AFG	Scarborough	22	30769637
Let It Begin With Me AFG	Lucknow	3	30730139
Let It Begin With Me AFG	Bright's Grove	7	48397
Let It Begin With Me AFG	Oshawa	23	30623776
Lindsay New Start AFG	Lindsay	24	43222
Living our Best Life AFG	Toronto	21	30572140
Lock 8 AFG	Port Colborne	12	30779513
London West Sharing Hope AFG	London	6	30777494
Long Branch AFG	Toronto	20	26973
Love & Hope Angus AFG	Borden	1	26322
Love and Service AFG	Thornbury	2	47479
Lunch Bunch AFG	Hamilton	14	31828
Main St. Fellowship AFG	Toronto	21	16681
Markham Sunny Forecasts AFG	Markham	22	64092
Markland Woods AFG	Etobicoke	20	16703
Meadowvale Back to Basics AFG	Mississauga	16	51557
Metcalfe AFG	Metcalfe	28	16460
Mid City AFG	Toronto	21	16682
Midland Serenity AFG	Midland	1	30522288



List of group numbers / WSO IDs  
Alphabetically by group name and meeting city

GroupName	City	Distr.	ID WSO
Midland Tuesday Night AFG	Midland	1	51431
Milton Tuesday Hope for Today AFG	Milton	17	503626
Minden AFG	Minden	24	500739
Miracles in Progress AFG	Guelph	4	30527663
Missing Link AFG	Burlington	14	44730
Monday Night Oakville AFG	Oakville	16	500897
Monday Night Waterloo Alateen	Waterloo	4	30617384
Morning Glory AFG	Oshawa	23	43568
Morning Hope AFG	Burlington	14	16277
Mothers & Others AFG	Toronto	21	50672
Mothers & Others AFG	Toronto	21	50672
Napanee AFG	Napanee	31	16472
New Beginnings AFG	Don Mills	19	16685
New Beginnings AFG	Fenelon Falls	24	47426
New Beginnings AFG	Belleville	25	48749
New Beginnings AFG	Cobourg	25	39030
New Beginnings AFG	Kanata	28	30642794
New Beginnings AFG	Renfrew	30	30690301
New Beginnings AI-Anon Group	Kitchener	4	30522060
New Beginnings Alateen	Woodstock	10	30560087
New Courage to Change AFG	Waterloo	4	16733
New Fresh Start AFG	Fergus	4	50564
New Hope AFG	Windsor	8	16750
New Hope AFG	St.Thomas	10	51388



List of group numbers / WSO IDs  
Alphabetically by group name and meeting city

GroupName	City	Distr.	ID WSO
New Hope AFG	Hamilton	14	50401
New Hope AFG	Mississauga	16	16620
New Hope AFG	Morrisburg	27	44326
New Hope AFG	Barry's Bay	30	49758
New Hope Pickering AFG	Ajax	23	16555
New Horizon	St. Catharines	13	38631
New Lease On Life AFG	Cornwall	27	16306
New Life AFG	Owen Sound	2	16533
New Life AFG	Windsor	8	16754
New Life AFG	Ottawa	28	16519
No Guff 12 & 12 AFG	London	6	60233
Noon Hour Nourishment	Barrie	1	62567
North End AFG	Sarnia	7	16589
North Toronto AFG	Toronto	19	16684
Northern Bruce Peninsula AFG	Lion's Head	2	30558117
O.D.A.T. AFG	London	6	16438
Oakville Friday Night Back to Basics AFG	Oakville	16	30565973
Oakville Sunday Night Open AFG	Oakville	16	501166
One Day at a Time AFG	Kitchener	4	16416
One Day At A Time AFG	Georgetown	17	60344
One Day At A Time AFG	Carleton Place	26	16284
One Step at a Time	Kingston	31	30759836
Open Speaker Meeting AFG	London	6	49885
Orillia Sunshine AFG	Orillia	1	16504





List of group numbers / WSO IDs  
Alphabetically by group name and meeting city

GroupName	City	Distr.	ID WSO
Orleans AFG	Ottawa	28	39406
Parkdale AFG	Toronto	20	46684
Pass It On AFG	Barrie	1	44066
Path to Serenity AFG	Port Rowan	10	30579162
Pathway to Peace AFG	Port Stanley	10	503354
Pathways To Recovery AFG	Pickering	23	30613825
Peace and Serenity - Whitby	Whitby	23	30732495
Peace for Parents AFG	Peterborough	32	30706613
Peace of Mind AFG	Bracebridge	1	16265
Penetangore AFG	Kincardine	3	16403
Petrolia Enrichment AFG	Petrolia	7	47342
Pinecrest 12th Step AFG	Ottawa	28	16531
Place for Hope AFG	Pembroke	30	16540
Plan B AFG	Mississauga	16	501220
Plan B AFG	Mississauga	16	501220
Point Hope and Strength AFG	Deep River	30	30545502
Port of Hope AFG	Port Elgin	3	61352
Reflections AFG	St. Catharines	13	16578
Renewed Hope For Tomorrow AFG	Brampton	17	62635
Richmond Hill AFG	Richmond Hill	19	16687
Ridgetown Freedom & Growth AFG	Ridgetown	9	501794
Ridgeway Friendship Al-Anon Family Group	Ridgeway	12	503367
Riverside Georgian AFG	Parry Sound	1	16538
Riverside Georgian AFG	Parry Sound	1	16538



List of group numbers / WSO IDs  
Alphabetically by group name and meeting city

GroupName	City	Distr.	ID WSO
Roncesvalles AFG	Toronto	20	501677
Rose City AFG	Welland	12	40917
Rose City AFG	Welland	12	40917
Royal Ottawa AFG	Ottawa	28	16523
Saturday Morning Oakville AFG	Oakville	16	28145
Saturday Night Open AFG	Toronto	19	16690
Saturday Night Serenity AFG	Ottawa	28	60024
Saturday Night Wisdom AFG	London	6	31201
Saturday Serenity AFG	St. Marys	5	30515197
Second Chance AFG	Huntsville	1	39407
Second Chance AFG	Toronto	19	30771
Second Spring AFG	Perth	26	16545
Sereni-Tea AFG	Gananoque	26	30623069
Serenity AFG	Barrie	1	16247
Serenity AFG	Port Colborne	12	45271
Serenity AFG	St. Catharines	13	16579
Serenity AFG	Toronto	19	30705549
Serenity AFG	Cobourg	25	16297
Serenity AFG	St Joseph's	30	16826
Serenity Hearts AFG		8	30786256
Serenity Plus Adult Children AFG	Cambridge	4	61329
Serenity Plus AFG	King City	18	51190
Serenity Seekers AFG	Guelph	4	16356
Share and Care AFG	Smiths Falls	26	16613



List of group numbers / WSO IDs  
Alphabetically by group name and meeting city

GroupName	City	Distr.	ID WSO
Source of Help AFG	Hamilton	14	50568
South End Discussion AFG	Niagara Falls	12	16477
Spiritual Circle	London	6	30526107
Spiritual Circle	London	6	30526107
St. Clair AFG	Toronto	21	16689
Stepping Stones AFG	New Hamburg	4	61890
Stepping Stones AFG	St. Catharines	13	27366
Stepping Stones AFG	Scarborough	22	16706
Stepping Stones AFG	Arnprior	28	50753
Steps to Serenity	Orillia	1	30518716
Steps to Serenity AFG	London	6	30693941
Steps to Serenity AFG	Lindsay	24	30600708
Stirling AFG	Stirling	25	47164
Stone School AFG	Peterborough	32	16551
Stoney Creek AFG	Stoney Creek	14	16621
Stouffville Steps to Serenity AFG	Whitchurch-Stouffville	18	66781
Suburban West Port Credit AFG	Mississauga	16	16469
Sun Group AFG	Hamilton	14	16376
Sunday Morning AFG	Ottawa	28	30663604
T.G.I.F. AFG	Etobicoke	20	35730
Thames AFG	Chatham	9	16292
Thanksgiving AFG	St. Catharines	13	16582
The Beach Read & Recover AFG	Toronto	21	502780
The New Group AFG	Toronto	19	30053



List of group numbers / WSO IDs  
Alphabetically by group name and meeting city

GroupName	City	Distr.	ID WSO
The Sun Will Come Up Tomorrow Alateen	Kitchener	4	65911
Thursday A New Way of Life AFG	Stratford	5	30623773
Thursday Morning Breakfast AFG	Hamilton	14	16362
Thursday Morning Glory AFG	Brockville	26	305935225
Thursday Night AFG	Newmarket	18	38515
Thursday Night Simcoe Family Group	Simcoe	11	16609
Thursday Night Welland AFG	Welland	12	16736
Tilbury AFG	Tilbury	9	16664
Together on Sunday AFG	Kingston	31	30527212
Together We Can AFG	Kemptville	26	30782084
Together We Can Make It AFG Adult Children	Ottawa	28	38879
Together We Can Make It Alateen	Toronto	20	30621952
Traditional AFG	Ottawa	28	16527
Traditions AFG	Oshawa	23	42253
Tranquility AFG	Barrie	1	16250
Trenton AFG	Trenton	25	16717
Triangle AFG	Hamilton	14	16378
Tuesday 12 & 12 AFG	London	6	502963
Tuesday Afternoon Circle of Hope AFG	Sarnia	7	16592
Tuesday Night Alateen AFG	Milton	17	30766841
Tuesday Night Serenity AFG	Orangeville	18	33085
Tuesday Noon AFG	Windsor	8	30617534
Unionville Caring Sharing AFG	Unionville	22	43991
Unity AFG	Brantford	11	16271



List of group numbers / WSO IDs  
Alphabetically by group name and meeting city

GroupName	City	Distr.	ID WSO
Up'n At'em AFG	Toronto	21	30603230
Up'n At'em AFG		21	30603230
Vanier New Beginnings AFG	Ottawa	28	30701398
Victory AFG	Chatham	9	16293
Wasaga Beachcombers Beginners	Wasaga Beach	1	503227
Waterdown AFG	Waterdown	14	16732
Waytogo Alateen Group	Hamilton	14	30727364
We Are Not Alone Women's AFG	Kingston	31	30716974
Wednesday AFG	Brampton	17	24798
Wednesday Mid Day Keep It Simple AFG	Collingwood	2	30580297
Wednesday Morning AFG	Cambridge	4	16281
Wednesday Morning AFG	Toronto	20	67122
Wednesday Noon AFG	Windsor	8	44237
Wednesday Noon AFG	Richmond Hill	19	36573
Welcome Home AFG	Tecumseh	8	47806
Whitby Alateen	Oshawa	23	503656
Wisdom Seekers Alateen	Sarnia	7	30517966
Women Finding Hope Through Al-Anon -	Canada	14	30736704
Woodbridge AFG	Woodbridge	17	501369
YANA (You Are Not Alone) AFG	Oshawa	23	30548623
You Are Not Alone Alateen	Bramalea	17	30691934