



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

GroupName		Distr.	ID WSO
12 & 12 AFG	Peterborough	32	503280
12 & 12 AFG	Waterloo	4	66039
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
Al-Anon Spoken Here AFG	Toronto	19	30584824
Al-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
Barry's Bay Thursday Night AFG	Barry's Bay	30	16251
Bayview AFG	Toronto	19	16713
Beacon Hill AFG	Ottawa	28	16511
Beaver River AFG	Beaverton	18	48499
Belleville AFG	Belleville	25	16257



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

GroupName		Distr.	ID WSO
Bells Corners AFG - Nepean (D28) - more info about	Nepean	28	16512
Bobcaygeon One Day At A Time AFG	Bobcaygeon	24	30715442
Bolton AFG	Bolton	17	65131
Borden Alateen	Borden	1	30807428
Bowmanville Serenity AFG	Bowmanville	23	48166
Brampton Serenity Tuesday and Thursday AFG	Brampton	17	47427
Brant Hills AFG	Burlington	14	16275
Byron Tuesday Afternoon AFG	London	6	500778
Caledonia AFG	Caledonia	11	30798978
Caring and Sharing AFG	St. Marys	5	16583
Cedarbrae AFG	Scarborough	22	16704
Central AFG	London	6	16431
Choices AFG	Richmond Hill	19	60260
Co-op AFG	Kingston	31	16405
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
Confidence AFG	Enterprise	31	33897
Cooksville Circle of Hope AFG	Mississauga	16	16466
Courage to Change AFG	Kingsville	8	16409
Courage to Change AFG	Peterborough	32	16548



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

GroupName		Distr.	ID WSO
<b>Courage to Change AFG</b>	<b>Mississauga</b>	<b>16</b>	<b>30773</b>
<b>Courage to Change AFG</b>	<b>Sarnia</b>	<b>7</b>	<b>53626</b>
<b>Courage to Grow AFG</b>	<b>Fergus</b>	<b>4</b>	<b>52032</b>
<b>Courage to Heal AFG</b>	<b>Kingston</b>	<b>31</b>	<b>52334</b>
<b>Courage to Love AFG</b>	<b>Cambridge</b>	<b>4</b>	<b>66191</b>
<b>Delta Saturday Night AFG</b>	<b>Hamilton</b>	<b>14</b>	<b>16365</b>
<b>Discovery AFG</b>	<b>Owen Sound</b>	<b>2</b>	<b>48088</b>
<b>Donlands Serenity AFG</b>	<b>Toronto</b>	<b>21</b>	<b>16677</b>
<b>Downsview AFG</b>	<b>Toronto</b>	<b>20</b>	<b>16701</b>
<b>Downtown Noon AFG</b>	<b>Toronto</b>	<b>21</b>	<b>51472</b>
<b>Dunnville AFG</b>	<b>Dunnville</b>	<b>12</b>	<b>16319</b>
<b>East 58th AFG</b>	<b>London</b>	<b>6</b>	<b>16432</b>
<b>Enough is enough AFG</b>	<b>Nobleton</b>	<b>17</b>	<b>30700335</b>
<b>Essex Al-Anon Friday Night AFG</b>	<b>Essex</b>	<b>8</b>	<b>30606507</b>
<b>Etobicoke AFG</b>	<b>Etobicoke</b>	<b>20</b>	<b>54563</b>
<b>Exeter AFG</b>	<b>Exeter</b>	<b>5</b>	<b>41336</b>
<b>Faith, Hope, &amp; Serenity AFG</b>	<b>Orillia</b>	<b>1</b>	<b>46195</b>
<b>Fellowship AFG</b>	<b>Scarborough</b>	<b>22</b>	<b>52747</b>
<b>Flight to Freedom AFG</b>	<b>Cornwall</b>	<b>27</b>	<b>41913</b>
<b>Forest Lakeside AFG</b>	<b>Forest</b>	<b>7</b>	<b>16338</b>
<b>Foxboro Twelve Step Recovery AFG</b>	<b>Foxboro</b>	<b>25</b>	<b>16342</b>
<b>Freedom to Choose Serenity Alateen</b>	<b>Ottawa</b>	<b>28</b>	<b>504026</b>
<b>Fresh Start AFG</b>	<b>Toronto</b>	<b>21</b>	<b>43493</b>
<b>Fresh Start AFG</b>	<b>Guelph</b>	<b>4</b>	<b>47559</b>



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

GroupName		Distr.	ID WSO
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	Brampton	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
Grace AFG	St. Catharines	13	16573
Gratitude AFG	Picton	25	31202
Grimsby Tranquility AFG	Grimsby	13	163564
Growing Together Adult Children AFG	Mississauga	16	38247
Guelph AFG	Guelph	4	16355
Hanover Round Table AFG	Hanover	3	16380
Harrow Willingness AFG	Harrow	8	16382
Healing West End AFG	Windsor	8	500750
Helping Hands AFG	Winchester	27	16745
Helping Hands	Strathroy	6	16627
Higher Power and I AFG	London	6	30674888
Highlands AFG	Haliburton	24	16361
Hope and Healing AFG	Smiths Falls	26	30800630
Hope and Healing AFG	Burk's Falls	1	65474



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

GroupName		Distr.	ID WSO
Hope and Serenity AFG	Trenton	25	30689493
Hope For Today AFG	Wallaceburg	9	30711752
Hope For Today AFG	Leamington	8	30816040
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 Adult Children AFG	Windsor	8	44269
Just For Today AFG	Port Perry	23	24446
Just For Today	London	6	16435
Keep It Simple AFG	Stratford	5	30650535
Keep it Simple AFG	Kitchener	4	30791281
Keep it Simple AFG	Port Hope	25	30798980
Keep It Simple AFG	Barrie	1	47002
Keep it Simple AFG	Kingston	31	49140
Keep It Simple AFG	Thornhill	19	52669
Keswick Freedom AFG	Keswick	18	48646
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



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

GroupName		Distr.	ID WSO
Let It Begin With Me AFG	Oshawa	23	30623776
Let It Begin With Me AFG	Lucknow	3	30730139
Let It Begin With Me AFG	Brights Grove	7	48397
Lindsay New Start AFG	Lindsay	24	43222
Living our Best Life AFG	Toronto	21	30572140
Lock 8 AFG	Port Colborne	12	30779513
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
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 Trinity AFG	Kitchener	4	16415



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

GroupName		Distr.	ID WSO
<b>Monday Night Waterloo Alateen</b>	<b>Waterloo</b>	<b>4</b>	<b>30617384</b>
<b>Morning Glory AFG</b>	<b>Oshawa</b>	<b>23</b>	<b>43568</b>
<b>Morning Hope AFG</b>	<b>Burlington</b>	<b>14</b>	<b>16277</b>
<b>Mothers &amp; Others AFG</b>	<b>Toronto</b>	<b>21</b>	<b>50672</b>
<b>Napanee AFG</b>	<b>Napanee</b>	<b>31</b>	<b>16472</b>
<b>New Beginnings AFG</b>	<b>Don Mills</b>	<b>19</b>	<b>16685</b>
<b>New Beginnings AFG</b>	<b>Kitchener</b>	<b>4</b>	<b>30522060</b>
<b>New Beginnings AFG</b>	<b>Kanata</b>	<b>28</b>	<b>30642794</b>
<b>New Beginnings AFG</b>	<b>Cobourg</b>	<b>25</b>	<b>39030</b>
<b>New Beginnings AFG</b>	<b>Fenelon Falls</b>	<b>24</b>	<b>47426</b>
<b>New Beginnings AFG</b>	<b>Belleville</b>	<b>25</b>	<b>48749</b>
<b>New Beginnings Alateen</b>	<b>Woodstock</b>	<b>10</b>	<b>30560087</b>
<b>New Courage to Change AFG</b>	<b>Waterloo</b>	<b>4</b>	<b>16733</b>
<b>New Freedom AFG</b>	<b>Edgmontville</b>	<b>5</b>	<b>16295</b>
<b>New Fresh Start AFG</b>	<b>Fergus</b>	<b>4</b>	<b>50564</b>
<b>New Hope AFG</b>	<b>Mississauga</b>	<b>16</b>	<b>16620</b>
<b>New Hope AFG</b>	<b>Windsor</b>	<b>8</b>	<b>16750</b>
<b>New Hope AFG</b>	<b>Morrisburg</b>	<b>27</b>	<b>44326</b>
<b>New Hope AFG</b>	<b>Barry's Bay</b>	<b>30</b>	<b>49758</b>
<b>New Hope AFG</b>	<b>Hamilton</b>	<b>14</b>	<b>50401</b>
<b>New Hope AFG</b>	<b>St.Thomas</b>	<b>10</b>	<b>51388</b>
<b>New Hope Pickering AFG</b>	<b>Ajax</b>	<b>23</b>	<b>16555</b>
<b>New Horizon</b>	<b>St. Catharines</b>	<b>13</b>	<b>38631</b>
<b>New Lease On Life AFG</b>	<b>Cornwall</b>	<b>27</b>	<b>16306</b>



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

GroupName		Distr.	ID WSO
New Life AFG	Ottawa	28	16519
New Life AFG	Windsor	8	16754
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
O.D.A.T. AFG	London	6	16438
Oakville Friday Night Back to Basics AFG	Oakville	16	30565973
One Day At A Time AFG	Carleton Place	26	16284
One Day at a Time AFG	Kitchener	4	16416
One Day At A Time AFG	Georgetown	17	60344
One Step at a Time	Kingston	31	30759836
Orillia Sunshine AFG	Orillia	1	16504
Orleans AFG	Ottawa	28	39406
Parkdale AFG	Toronto	20	46684
Pass It On AFG	Barrie	1	44066
Pathway to Peace AFG	Port Stanley	10	503354
Pathways To Recovery AFG	Pickering	23	30613825
Peace and Serenity AFG	Whitby	23	30732495
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





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

GroupName		Distr.	ID WSO
Plan B AFG	Mississauga	16	501220
Point Hope and Strength AFG	Deep River	30	30545502
Port of Hope AFG	Port Elgin	3	61352
Renewed Hope For Tomorrow AFG	Brampton	17	62635
Renfrew Hope for Today	Renfrew	30	30797903
Richmond Hill AFG	Richmond Hill	19	16687
Ridgetown Freedom & Growth AFG	Ridgetown	9	501794
Ridgeway Friendship AFG	Ridgeway	12	503367
Riverside Georgian AFG	Parry Sound	1	16538
Roncesvalles AFG	Toronto	20	501677
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 Wisdom AFG	London	6	31201
Saturday Serenity AFG	St. Marys	5	30515197
Second Chance AFG - Newcomers (English)	Toronto	19	30771
Second Chance AFG - Newcomers (Español )	Toronto	19	30771
Second Chance AFG	Toronto	19	30771
Second Chance AFG	Huntsville	1	39407
Second Spring AFG	Perth	26	16545
Sereni-Tea AFG	Gananoque	26	30623069
Serenity AFG	Barrie	1	16247
Serenity AFG	Cobourg	25	16297



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

GroupName		Distr.	ID WSO
Serenity AFG	St. Catharines	13	16579
Serenity AFG	St Joseph's	30	16826
Serenity AFG	Toronto	19	30705549
Serenity AFG	Port Colborne	12	45271
Serenity Alateen	St. Catharines	13	30810504
Serenity for Parents AFG	Peterborough	32	30706613
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
Source of Help AFG	Hamilton	14	50568
South End Discussion AFG	Niagara Falls	12	16477
Spiritual Circle	London	6	30526107
St. Clair AFG	Toronto	21	16689
Stepping Stones AFG	Scarborough	22	16706
Stepping Stones AFG	St. Catharines	13	27366
Stepping Stones AFG	Arnprior	28	50753
Stepping Stones AFG	New Hamburg	4	61890
Steps to Serenity AFG	Lindsay	24	30600708
Steps to Serenity AFG	London	6	30693941
Steps to Serenity	Orillia	1	30518716
Stirling AFG	Stirling	25	47164
Stone School AFG	Peterborough	32	16551
Stoney Creek AFG	Stoney Creek	14	16621



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

GroupName		Distr.	ID WSO
Stouffville Steps to Serenity AFG	Stouffville	18	66781
Suburban West Port Credit AFG	Port Credit	16	16469
Sun Group AFG	Hamilton	14	16376
Sunday Speaker Meeting 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
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 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



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

GroupName		Distr.	ID WSO
Triangle AFG	Hamilton	14	16378
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
Up'n At'em AFG	Toronto	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	Richmond Hill	19	36573
Wednesday Noon AFG	Windsor	8	44237
Welcome Home AFG	Tecumseh	8	47806
Whitby Alateen	Oshawa	23	503656
Wisdom Seekers Alateen	Sarnia	7	30517966
Woodbridge AFG	Woodbridge	17	501369



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

GroupName		Distr.	ID WSO
<b>YANA (You Are Not Alone) AFG</b>	<b>Oshawa</b>	<b>23</b>	<b>30548623</b>
<b>York West AFG</b>	<b>York</b>	<b>20</b>	<b>30795387</b>
<b>You Are Not Alone Alateen</b>	<b>Bramalea</b>	<b>17</b>	<b>30691934</b>