



<p>C</p> <p><u>Monday @7:30 PM - Nepean</u> Group ID: 16512 (D28) - AI-Anon (in-person) Bells Corners AFG - Nepean (D28) - more info about in-person meetings in the details Open to: Families and Friends Only Group email: Grbellscorners12@gmail.com Meeting focus: Regular This group has resumed in-person meetings.</p> <p>Christ Church Anglican 3861 Richmond Street Nepean ON K2H5C1 On IN PERSON evenings only: Please enter by the parking lot. If you arrive after the start time please ring the bell and a member of the group will let you in.</p>	<p>O-AC</p> <p><u>Monday @7:30 PM - Canada</u> Group ID: 38879 (D28) - AI-Anon (online) Together We Can Make It AFG Adult Children - Ottawa Open to: Families, Friends and Observers Welcome Group email: TWCMIAFG@gmail.com Meeting focus: Adult Children Discussion meeting - last Monday Open Speaker Access directly with the 'Join with Zoom' button on the meetings page of the Ontario website. Or enter Zoom details manually.</p> <p>Meeting ID: 476379299</p> <p>Electronic Meeting Ontario South Canada Ontario South Canada ON Not a physical location</p>	<p></p> <p>C</p> <p><u>Tuesday @8 PM - Ottawa</u> Group ID: 16531 (D28) - AI-Anon (hybrid) Pinecrest 12th Step AFG - Ottawa Open to: Families and Friends Only</p> <p>Meeting focus: Regular The Pinecrest group has adjusted it's hybrid format to be hybrid only on the first and third Tuesdays of the month. Every Tuesday evening will continue to be still a face to face format. Access directly with the 'Join with Zoom' button on the meetings page of the Ontario website. Or enter Zoom details manually.</p> <p>Meeting ID: 333646972</p> <p>Britannia United Church 985 Pinecrest Road Ottawa ON K2B 6B4 Meeting in basement. Ring bell. Fragrance free.</p>
<p>C</p> <p><u>Monday @7:30 PM - Arnprior</u> Group ID: 50753 (D28) - AI-Anon (in-person) Stepping Stones AFG - Arnprior Open to: Families and Friends Only Group email: steppingstonesafgprior@gmail.com Meeting focus: Regular Beginner meeting available This group has resumed meeting in-person.</p> <p>St. John Chrysostom Roman Catholic Church 295 Albert Street Arnprior ON K7S 2M7 Please enter the side door and follow the signs</p>	<p></p> <p>C</p> <p><u>Tuesday @10 AM - Canada</u> Group ID: 30701398 (D28) - AI-Anon (online) Vanier New Beginnings AFG - Ottawa Open to: Families and Friends Only Group email: vaniernewbeginnings@gmail.com Meeting focus: Regular Access directly with the 'Join with Zoom' button on the meetings page of the Ontario website. Or enter Zoom details manually.</p> <p>Meeting ID: 882 6383 5436</p> <p>Electronic Meeting Ontario South Canada Ontario South Canada ON Not a physical location</p>	<p></p> <p>C</p> <p><u>Wednesday @12:15 PM - Ottawa</u> Group ID: 16527 (D28) - AI-Anon (in-person) Traditional AFG - Ottawa Open to: Families and Friends Only</p> <p>Meeting focus: Regular This group has resumed in-person meetings.</p> <p>St. Andrew's Presbyterian Church 82 Kent Street Ottawa ON K1P5N9 The church office is located adjacent to 82 Kent St. for those who are arriving by wheelchair. There is an interior elevator that can be taken down to the downstairs hall.</p>


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 AI-Anon meeting



C
Wednesday @7:30 PM - Kanata
 Group ID: 30642794 (D28) - **Al-Anon (hybrid) New Beginnings AFG - Kanata**
 Open to: Families and Friends Only
 Group email: kanataafg@outlook.com
 Meeting focus: Regular
 Beginners meeting available
 This group has resumed in-person meetings with a concurrent electronic meeting. Access the online portion directly with the 'Join with Zoom' button on the meetings page of the Ontario website. Or enter Zoom details manually.

Meeting ID: 82950647908
 Password: 0tL72g

Kanata United Church
 33 Leacock Dr
 Kanata ON K2K2B9
 Eagleson exit, Beaverbrook area. Enter through front door and walk straight to "church hall" room

O 
Wednesday @7:30 PM - Ottawa
 Group ID: 16523 (D28) - **Al-Anon (hybrid) Royal Ottawa AFG**
 Open to: Families Friends and Observers Welcome

Meeting focus: Discussion meeting
 Discussion meeting with speaker on the last meeting of the month.
 This group has resumed in-person meetings. Masks are required in public places. Hybrid meeting to run at same time on Zoom. Newcomers Meetings held at the same time.
 There is also a concurrent online meeting. Access the online portion of the meeting directly with the 'Join with Zoom' button on the meetings page of the Ontario website. Or enter Zoom details manually.

Meeting ID: 821 8421 6966
 Password: 620187

Royal Ottawa Hospital Mental Health Centre
 1145 Carling Avenue
 Ottawa ON K1Z7K4
 Rm 1124. Newcomers meeting 8:00 am

C-(AN)
Thursday @7:30 PM - Ottawa
 Group ID: 504026 (D28) - **Alateen (in-person) Freedom to Choose Serenity Alateen - Ottawa**
 Open to: Families and Friends Only
 Meeting focus: Regular
 Meeting open to teens 13-18
 This group has resumed in-person meetings.

Emmanuel United Church
 691 Smyth Road
 Ottawa ON K1G 1N7
 Enter by the side door off the parking lot. Please ring the bell if you arrive after 7:30

O
Thursday @7:30 PM - Ottawa
 Group ID: 16519 (D28) - **Al-Anon (hybrid) New Life AFG - Ottawa**
 Open to: Families, Friends and Observers Welcome
 Group email: nlaifgroup28@gmail.com
 Meeting focus: Regular
 Business and speaker meeting first meeting of month.
 This group has resumed in-person meetings.
 There is also a concurrent online meeting. Access the online portion of the meeting directly with the 'Join with Zoom' button on the meetings page of the Ontario website. Or enter Zoom details manually.

Meeting ID: 319321852
 Password: 994502

Emmanuel United Church
 691 Smyth Road
 Ottawa ON K1G 1N7
 Enter by the side door off the parking lot. Please ring the bell if you arrive after 7:30

C
Thursday @7:30 PM - Ottawa
 Group ID: 39406 (D28) - **Al-Anon (in-person) Orleans AFG - Ottawa**
 Open to: Families and Friends Only
 Group email: orleansalanonlb@gmail.com
 Meeting focus: Discussion meeting
 Newcomers welcome.
 Access directly with the 'Join with Zoom' button on the meetings page of the Ontario website. Or enter Zoom details manually.

Meeting ID: 201967173

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.


C
Friday @9:30 AM - Ottawa
 Group ID: 16511 (D28) - **Al-Anon (in-person) Beacon Hill AFG - Ottawa**
 Open to: Families and Friends Only

Meeting focus: Regular
 Beginner's Meeting available
 This meeting is now re-opened. Only those with two COVID-19 vaccinations are permitted to attend these face to face meetings.

St. Gabriel's Church
 55 Appleford Road
 Ottawa ON K1J6T6
 Side door - main parking lot.


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



O 
Friday @12 PM - Ottawa
Group ID: 63827 (D28) - **AI-Anon**
(in-person) 12 Step Discovery AFG -
Ottawa
Open to: Families, Friends and
Observers Welcome

Meeting focus: Step-study
12 Step Study/Tradition Group
Meeting in Fireplace room on second
floor. Elevator accessed by asking at
office on main floor. Parking and
entrance at back of church.

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 (D28) - **AI-Anon**
(in-person) How It Works AFG -
Ottawa
Open to: Families, Friends and
Observers Welcome

Meeting focus: Regular
Speaker last Saturday of month
This group has resumed in-person
meetings.

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
Sunday @11 AM - Canada
Group ID: 30663604 (D28) - **AI-Anon**
(online) Sunday Speaker Meeting AFG
- Ottawa
Open to: Families, Friends and
Observers Welcome

Meeting focus: Speaker meeting
Open Speaker / Public Info meeting
WEEKLY speaker meeting. Access
directly with the 'Join with Zoom' button
on the meetings page of the Ontario
website. Or enter Zoom details manually.

Meeting ID: 88631243557
Password: 71355

The Sunday Open Speaker meeting is
open for AI-Anon/Alateen members,
prospective members, the general
public, professionals, and the media.

The Sunday Open Speaker meeting is
open for AI-Anon/Alateen members,
prospective members, the general
public, professionals, and the media.

Electronic Meeting Ontario South
Canada

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 AI-Anon meeting