



<p>O  Monday @10 AM - Fergus Group ID: 50564 (D4) - Al-Anon (in-person) New Fresh Start AFG - Fergus Open to: Families, Friends and Observers Welcome Group email: mkellybernard@yahoo.com Meeting focus: Regular This meeting has now re-opened for physical attendance. Masks are mandatory.</p> <p>St. James Anglican Church 171 Queen Street Fergus ON N1M 1S0 First building on left, past the bridge to downtown enter side door, off parking lot, upstairs meeting room, Handicapped access.</p>	<p>C  Monday @7:30 PM - Waterloo Group ID: 30617384 (D4) - Alateen (in-person) Monday Night Waterloo Alateen Open to: Families and Friends Only</p> <p>Meeting focus: Regular This group is meeting in-person. Masks are required.</p> <p>St. Columba's Anglican Church 250 Lincoln Road Waterloo ON N2J 2P5 At Mayfield. Handicap access</p>	<p>O Tuesday @1 PM - Kitchener Group ID: 503960 (D4) - Al-Anon (in-person) KOOL FRIENDSHIP - Kitchener Open to: Families, Friends and Observers Welcome</p> <p>Meeting focus: Regular This group has resumed in-person meetings.</p> <p>First Mennonite Church 800 King Street E Kitchener ON N2G 1E3 Main entrance at Stirling - go to basement</p>
<p>C  Monday @7 PM - Guelph Group ID: 16356 (D4) - Al-Anon (in-person) Serenity Seekers AFG - Guelph Open to: Families and Friends Only</p> <p>Meeting focus: Regular This meeting has now re-opened for physical attendance. Masks are mandatory.</p> <p>Church of the Apostles 86 Glasgow St N Guelph ON N1H 4W2</p>	<p>C  Monday @7:30 PM - Waterloo Group ID: 16733 (D4) - Al-Anon (in-person) New Courage to Change AFG - Waterloo Open to: Families and Friends Only</p> <p>Meeting focus: Regular This group has now resumed in-person meetings. Masks are required.</p> <p>St. Columba's Anglican Church 250 Lincoln Road Waterloo ON N2J 2P5 At Mayfield. Handicap access</p>	<p>C  Wednesday @10 AM - Cambridge Group ID: 16281 (D4) - Al-Anon (in-person) Wednesday Morning AFG - Cambridge Open to: Families and Friends Only</p> <p>Meeting focus: Regular This meeting has now re-opened for physical attendance. Masks are mandatory.</p> <p>St. John's Anglican Church 567 Queenston Rd Cambridge ON N3H 3J9 Enter door at left, downstairs.</p>
<p>O Monday @7:30 PM - Kitchener Group ID: 16415 (D4) - Al-Anon (in-person) Monday Night Trinity AFG - Kitchener Open to: Families Friends and Observers Welcome</p> <p>Meeting focus: Regular Notes: No meetings on Holiday Mondays This group has resumed in-person meetings.</p> <p>Downtown Community Centre 35B Weber St. W. Kitchener ON N2H 3Z1 No food/drink allowed</p>	<p>C Tuesday @1 PM - Waterloo Group ID: 66039 (D4) - Al-Anon (online) 12 & 12 AFG - Waterloo Open to: Families and Friends Only</p> <p>Meeting focus: Regular To obtain the details for the virtual meeting, please send an email to: district4osa@gmail.com</p> <p>St. Agnes Catholic Church 75 Bluevale Avenue N. Waterloo ON N2J 3R7 Back door off parking lot.</p>	<p>C  Wednesday @7:30 PM - Guelph Group ID: 16355 (D4) - Al-Anon (in-person) Guelph AFG Open to: Families and Friends Only Group email: guelphafg@gmail.com Meeting focus: Regular This group has resumed in-person meetings. Masks are required.</p> <p>All Saints Lutheran Anglican Church 210 Silvercreek Pkwy N. Guelph ON N1H 7P8 Please use back door</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 Al-Anon meeting



<p>O  <u>Wednesday @7:30 PM - New Hamburg</u> Group ID: 61890 (D4) - Al-Anon (hybrid) Stepping Stones AFG - New Hamburg Open to: Families Friends and Observers Welcome</p> <p>Meeting focus: Regular Steps, Traditions , open discussions and speaker meeting 5th wed 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.</p> <p>Meeting ID: 560 592 281 Password: serenity</p> <p>Holy Family Catholic Church Hall 329 Huron Street New Hamburg ON N3A 1W7 Entrance off parking lot, downstairs. Handicap access.</p>	<p>O  <u>Thursday @7:30 PM - Fergus</u> Group ID: 52032 (D4) - Al-Anon (in-person) Courage to Grow AFG - Fergus Open to: Families, Friends and Observers Welcome</p> <p>Meeting focus: Regular This meeting has now re-opened for physical attendance. Masks are mandatory.</p> <p>St. James Anglican Church 171 Queen Street Fergus ON N1M 1S0 First building on left, past the bridge to downtown enter side door, off parking lot, upstairs meeting room, Handicapped access.</p> <p>O <u>Thursday @7:30 PM - Guelph</u> Group ID: 30527663 (D4) - Al-Anon (in-person) Miracles in Progress AFG - Guelph Open to: Families, Friends and Observers Welcome Group email: miraclesinprogressguelph@gmail.com Meeting focus: Regular Speaker meeting last Thursday of month. This group has resumed in-person meetings.</p> <p>Riverside Community Reformed Church 79 Speedvale Ave E Guelph ON N1E 1M3</p>	<p>O  <u>Friday @10 AM - Guelph</u> Group ID: 47559 (D4) - Al-Anon (in-person) Fresh Start AFG - Guelph Open to: Families, Friends and Observers Welcome</p> <p>Meeting focus: Regular This meeting has now re-opened for physical attendance.</p> <p>The Church Of The Apostles 86 Glasgow Street N. Guelph ON N1H 4W2 Corner Paisley & Glasgow Streets. Use parking lot door. Fragrance free.</p>
<p>O  <u>Thursday @10 AM - Cambridge</u> Group ID: 66191 (D4) - Al-Anon (in-person) Courage to Love AFG - Cambridge Open to: Families, Friends and Observers Welcome</p> <p>Meeting focus: Regular This group has resumed in-person meetings.</p> <p>Calvary Pentecostal 127 Hespler Road Cambridge ON N1R 3G9 Back door, wheelchair accessible. Fragrance free.</p>		<p>O <u>Friday @7 PM - Kitchener</u> Group ID: 30522060 (D4) - Al-Anon (in-person) New Beginnings AFG - Kitchener Open to: Families, Friends and Observers Welcome Group email: hopeforalanon@gmail.com Meeting focus: Discussion meeting Beginner's Meeting available This meeting has now re-opened for physical attendance.</p> <p>Faith Lutheran Church 247 Westmount Road E Kitchener ON N2M 4Z2 Enter door next to the gym and go up the stairs.</p>
		<p>O-(AL)  <u>Friday @8 PM - Cambridge</u> Group ID: 16282 (D4) - Al-Anon (in-person) Friday Night Acceptance AFG - Cambridge Open to: Families, Friends and Observers Welcome</p> <p>Meeting focus: Regular This group is now meeting in person,</p> <p>St. Andrew's Presbyterian Church 73 Queen Street E. Cambridge ON N3C2A9 Back door (Spring Street), upstairs. Handicap access.</p>

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O



Saturday @10 AM - Kitchener
Group ID: 16416 (D4) - **Al-Anon**
(hybrid) One Day at a Time AFG - Kitchener

Open to: Families, Friends and Observers Welcome

Meeting focus: Regular
Step, Tradition, topics and speakers
This meeting is now re-opened and you are welcome to attend their physical meetings. Masks mandatory.
Participants must be double vaccinated. Beginner's meeting available.
Contact jdwats2015@yahoo.ca for details of hybrid meeting.

St. James Rosemount United Church

171 Sherwood Avenue
Kitchener ON N2B 1K2
Enter main door upstairs. Covid policy in practice. Double vaccination required at this time

C

Saturday @10 AM - Kitchener
Group ID: 65911 (D4) - **Alateen**
(in-person) The Sun Will Come Up Tomorrow Alateen - Kitchener

Open to: Families and Friends Only

Meeting focus: Regular
This meeting is now re-opened and you are welcome to attend their physical meetings. Masks mandatory.

St. James Rosemount United Church

171 Sherwood Avenue
Kitchener ON N2B 1K2
Enter main door upstairs. Covid policy in practice. Double vaccination required at this time

O

Sunday @8 PM - Kitchener
Group ID: 30791281 (D4) - **Al-Anon**
(in-person) Keep it Simple AFG - Kitchener

Open to: Families, Friends and Observers Welcome

Group email: kwanonkeepitsimple@gmail.com
Meeting focus: Regular
There is a double speaker meeting the second meeting of the month. Normally one AA speaker and one Al-anon speaker.
Otherwise we read from a daily reader and share on the reading
This group has resumed in-person meetings.

Stirling Avenue Mennonite Church - Kitchener

57 Stirling Avenue N
Kitchener ON **N2H 3G4**
Around far side of church, door facing outgoing driveway.

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