<table>
<thead>
<tr>
<th>Time</th>
<th>Location</th>
<th>Group ID</th>
<th>Type of Group</th>
<th>Email Address</th>
<th>Meeting Focus</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday @9:30 AM - Oshawa</td>
<td>Group ID: 43568 (D23) - Al-Anon (in-person)</td>
<td>Morning Glory AFG - Oshawa</td>
<td>Open to: Families and Friends Only</td>
<td><a href="mailto:morninggloryoshawaafg@gmail.com">morninggloryoshawaafg@gmail.com</a></td>
<td>Meeting focus: Regular</td>
<td>Beginners meeting available. This group has resumed in person meetings. Masks are optional, social distancing is recommended.</td>
</tr>
<tr>
<td>Monday @7:30 PM - Port Perry</td>
<td>Group ID: 24446 (D23) - Al-Anon (in-person)</td>
<td>Just For Today AFG - Port Perry</td>
<td>Open to: Families and Friends Only</td>
<td><a href="mailto:justfortodayafg@outlook.com">justfortodayafg@outlook.com</a></td>
<td>Meeting focus: Book study group</td>
<td>Discussing the Daily Reader One Day at a Time in Al-Anon. Newcomers welcome. This group has resumed in-person meetings.</td>
</tr>
<tr>
<td>Tuesday @6:30 PM - Pickering</td>
<td>Group ID: 30613825 (D23) - Al-Anon (in-person)</td>
<td>Pathways To Recovery AFG - Pickering</td>
<td>Open to: Families and Friends Only</td>
<td><a href="mailto:PathwaysToRecoveryDistrict23@gmail.com">PathwaysToRecoveryDistrict23@gmail.com</a></td>
<td>Meeting focus: Book study group</td>
<td>This group has resumed in-person meetings.</td>
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<td>Tuesday @6:30 PM - Pickering</td>
<td>Group ID: 30613825 (D23) - Al-Anon (in-person)</td>
<td>Pathways To Recovery AFG - Pickering</td>
<td>Open to: Families and Friends Only</td>
<td><a href="mailto:PathwaysToRecoveryDistrict23@gmail.com">PathwaysToRecoveryDistrict23@gmail.com</a></td>
<td>Meeting focus: Book study group</td>
<td>This group has resumed in-person meetings.</td>
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<td>Tuesday @6:30 PM - Pickering</td>
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<td>Pathways To Recovery AFG - Pickering</td>
<td>Open to: Families and Friends Only</td>
<td><a href="mailto:PathwaysToRecoveryDistrict23@gmail.com">PathwaysToRecoveryDistrict23@gmail.com</a></td>
<td>Meeting focus: Book study group</td>
<td>This group has resumed in-person meetings.</td>
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<td><a href="mailto:PathwaysToRecoveryDistrict23@gmail.com">PathwaysToRecoveryDistrict23@gmail.com</a></td>
<td>Meeting focus: Book study group</td>
<td>This group has resumed in-person meetings.</td>
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<td>Tuesday @6:30 PM - Pickering</td>
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<td>Pathways To Recovery AFG - Pickering</td>
<td>Open to: Families and Friends Only</td>
<td><a href="mailto:PathwaysToRecoveryDistrict23@gmail.com">PathwaysToRecoveryDistrict23@gmail.com</a></td>
<td>Meeting focus: Book study group</td>
<td>This group has resumed in-person meetings.</td>
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<td>Thursday @10 AM - Oshawa</td>
<td>Group ID: 30623776 (D23) - Al-Anon (in-person)</td>
<td>Let It Begin With Me AFG - Oshawa</td>
<td>Open to: Families and Friends Only</td>
<td><a href="mailto:beginwithme10@gmail.com">beginwithme10@gmail.com</a></td>
<td>Meeting focus: Book study group</td>
<td>This group has resumed in-person meetings. No food and drink allowed in the accommodation.</td>
</tr>
<tr>
<td>Thursday @7:30 PM - Bowmanville</td>
<td>Group ID: 48166 (D23) - Al-Anon (in-person)</td>
<td>Bowmanville Serenity AFG</td>
<td>Open to: Families and Friends Only</td>
<td><a href="mailto:bowmanvilleserenityafg@gmail.com">bowmanvilleserenityafg@gmail.com</a></td>
<td>Meeting focus: Discussion meeting</td>
<td>This group has resumed in-person meetings.</td>
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<td>Thursday @7:30 PM - Bowmanville</td>
<td>Group ID: 48166 (D23) - Al-Anon (in-person)</td>
<td>Bowmanville Serenity AFG</td>
<td>Open to: Families and Friends Only</td>
<td><a href="mailto:bowmanvilleserenityafg@gmail.com">bowmanvilleserenityafg@gmail.com</a></td>
<td>Meeting focus: Discussion meeting</td>
<td>This group has resumed in-person meetings.</td>
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<td><a href="mailto:bowmanvilleserenityafg@gmail.com">bowmanvilleserenityafg@gmail.com</a></td>
<td>Meeting focus: Discussion meeting</td>
<td>This group has resumed in-person meetings.</td>
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<td>Open to: Families and Friends Only</td>
<td><a href="mailto:bowmanvilleserenityafg@gmail.com">bowmanvilleserenityafg@gmail.com</a></td>
<td>Meeting focus: Discussion meeting</td>
<td>This group has resumed in-person meetings.</td>
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<td>Bowmanville Serenity AFG</td>
<td>Open to: Families and Friends Only</td>
<td><a href="mailto:bowmanvilleserenityafg@gmail.com">bowmanvilleserenityafg@gmail.com</a></td>
<td>Meeting focus: Discussion meeting</td>
<td>This group has resumed in-person meetings.</td>
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**Legend:**
- **O** = Open (to families and friends of alcoholics and observers)
- **C** = Closed (open to families & friends of alcoholics only)
- **AC** = Adult Children
- **(AA)** = Concurrent AA meeting
- **(AL)** = Concurrent Alateen meeting
- **(AN)** = Concurrent Al-Anon meeting

Date printed: 2024-03-18 at 7:22:35 PM Source: al-anon.alateen.on.ca
C Saturday @10 AM - Whitby
Group ID: 30732495 (D23) - Al-Anon (in-person) Peace and Serenity AFG - Whitby
Open to: Families and Friends Only
Group email: peace.serenityafg@gmail.com
Meeting focus: Regular
Topics: Steps / Traditions / Concepts, topic, speaker
This group has resumed in-person meetings.
Whitby Baptist Church
411 Gilbert St., E.
Whitby ON L1N 1R6
Enter through back door and follow the signs. Wheelchair accessible.

C Sunday @7 PM - Oshawa
Group ID: 30548623 (D23) - Al-Anon (in-person) YANA (You Are Not Alone) AFG - Oshawa
Open to: Families and Friends Only
Group email: yanaafg@gmail.com
Meeting focus: Regular
1st Week Step, 2nd Week Tradition, 3rd Week Concept, 4th Week Topic, 5th Week speaker.
This group has resumed in-person meetings.
St. Luke's Presbyterian Church
333 Rossland Road W
Oshawa ON L1J3G6
Enter parking lot from Park Road N. Warning, speed bump on the driveway.

At the back of the building, please use lower, right hand side door.

Al-Anon is in the auditorium, at the top of the stairs.

Alateen is downstairs, room #1, first door on your right.

AC = Adult Children

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